



DISCOVER THE RECIPE FOR THE
PERFECT JAPANESE MEAL

COLUMNS A9

NEW STUDY FINDS
THAT IQ CAN CHANGE
DURING TEEN YEARS
SCIENCE & TECH B9



the johns hopkins News-Letter

VOLUME CXVI, ISSUE X

WWW.JHNEWSLETTER.COM

NOVEMBER 3, 2011

A PIECE OF MY HEART



OLIVIA BERMAN/PHOTOGRAPHY STAFF

Barnstormers is an all-student theater troupe that puts up six productions a year including an Orientation show in August and a spring Shakespeare performance. See page A6.

Affiliates protest licensing policies

International advocacy
group organizes rally

By JUSTIN LI
News & Features Editor

Over 60 members of Universities Allied for Essential Medicines (UAEM) picketed outside of President Ronald Daniels's home to protest Hopkins's drug and medical technologies policy last Saturday.

"It's really important that leadership universities like Hopkins do more preventative measures to make sure global access is possible," Kaci Hickox, a UAEM member and student at the Hopkins School of Public Health, said.

While protesters sought a stark policy change, the immediate goal of the protest was to convince the University to sign the "Statement of Principles and Strategies for the Equitable Dissemination of Medical Technologies," a document outlining policy practices that the group claims will improve universal access to medical technologies. Authored by the Association of University Technology Managers

SEE UAE, PAGE A7

Local panelists discuss Occupy Movement

By BEN KUPFERBERG
Staff Writer

The Hopkins Human Rights Working Group hosted a forum to discuss and analyze the Occupy Movement last Tuesday.

"I have faith that we can get a conversation started, and that the Hopkins community will gain interest. Everything in this move-

ment has been happening so fast; this forum is a chance to step back and examine what is really going on," Hopkins graduate student and panel member Emilie Connolly said.

Although some students were present, the majority of attendees were local community members who were either interested in or already part of the

Occupy Movement.

"Any time you have an open dialogue about issues, problems and ideas, it allows people to engage each other in a really constructive way. We want to learn about the political process and create our own models," Towson University senior Glenn Daniels said.

SEE OCCUPY, PAGE A7



NATHALIA GIBBS/PHOTOGRAPHY STAFF

The forum analyzed the international Occupy Wall Street movement.

Two students mugged three hours apart

By NASH JENKINS
Staff Writer

Two Hopkins undergraduates were mugged within three hours of each other last Wednesday night, Oct. 26. The incidents, which were unrelated according to a security bulletin, prompted increased vigilance from Campus Safety and a general sense of caution among students.

"It's definitely made me apprehensive when I'm alone, especially as a girl," freshman Eleni Padden, who regularly jogs in the neighborhoods surrounding cam-

pus, said.

The first incident occurred shortly after 8:30 p.m. on San Martin Drive — a common thoroughfare for Hopkins runners. The victim was a freshman female, who was jogging northbound past the Carnegie Institute when a white male crossed the street and knocked her down. The assailant put the victim in a headlock and stole her iPod before fleeing into the woods.

A rapid response by both campus security and Baltimore Police failed to yield conclusive results. Official reports

SEE SECURITY, PAGE A7

By ASHLEY EMERY
For The News-Letter

Real Food Hopkins held its second annual 100-Mile Meal, a real and sustainable meal followed by a panel discussion, in celebration of the first national Food Day. The event was held on Saturday, Oct. 29 in Charles Commons and attracted approximately 100 diners and proponents of the real food movement.

Although Food Day was on Oct. 24, Real Food Hopkins decided to hold its function on the following Saturday. The event was open to undergraduates, graduates, faculty, staff and interested community



ANGIE PINILLA/PHOTOGRAPHY STAFF

aKDPH's annual Breastival featured entertainment from a capella groups as well as speakers.

members. Students from the University of Maryland with programs similar to Real Food Hopkins were in attendance, as well as pro-

fessors from the sociology department and various environmental departments.

Real Food Hopkins

aimed to foster an environment in which people who are interested in real food could unite to learn and

SEE 100-MILE, PAGE A7

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NEWS & FEATURES

Hopkins rewarded for tech innovation

By **SOFIA IATAROLA**
For *The News-Letter*

Earlier this month, the leading global technology company, NVIDIA, named Hopkins as a CUDA Center of Excellence. A highly competitive award, Hopkins now stands among Harvard, Stanford, University of Maryland and other prestigious past winners.

Hopkins' Institute for Data Intensive and Engineering Science (IDIES), whose many efforts center around their mission to "coalesce data-intensive science efforts into a well-focused center of activity," has worked with bringing together the expertise of scholars from Krieger School of Arts and Sciences, Whiting School of Engineering and Sheridan Libraries. The IDIES department has been particularly effective in establishing close links to the School of Medicine, Applied Physics Laboratory and the School of Public Health. These efforts culminated in the very project that secured Hopkins as a CUDA Center of Excellence: the Data-Scope.

The Data-Scope, which is not yet functional, is a high-end computer capable of handling and analyzing colossal sets of data, previously impossible to evaluate because of their sheer size. The project's PI, Alumni Centennial Professor in the Krieger School's Henry A. Rowland Department of Physics and Astronomy, Professor Alexander Szalay, has been working on the Data-Scope for the past ten years.

Since receiving a grant a year ago, the IDIES department is still in the process of building the computer, which began in September.

"Half the system has arrived. Everyday a truck-

load of computers comes to Hopkins. We hope that by December we can start checking the systems and implement a trial run. We hope to be fully operational by January," Szalay said.

The computer will be able to handle five petabytes of data (50 petabytes of data is approximately equivalent to the entirety of written work of humankind from the beginning of history to the present). The Data-Scope will be able to mine relationships amongst the data that already exist but until now, have been unattainable given no way to sort through the massive amounts of it.

"We have entered the era of data," Szalay said. "Everywhere we look there is an enormous amount of data. For example, Google can deal with it better than anyone and it's the same deal in science... [Data-Scope will] enable computation that was previously impossible. This is a new way of doing science, like looking through a new kind of microscope or telescope."

The Data-Scope will be able to stream petabytes of data at speeds of half a terabyte per second into an array of hundreds of GPUs, processing at supercomputer rates. The data analyzed cuts across all fields of science, ranging from genomics, ocean circulation, astrophysics, environmental science, public health and more.

As a CUDA Center of Excellence, Hopkins will receive graphics processing unit (GPU) computing equipment and grants from NVIDIA to further support its research on numerous projects, though mainly focusing on the Data-Scope. Additionally, the grant from NVIDIA

includes an annual workshop and visits from their senior researchers as well. IDIES also notes that the award may help open up opportunities to build stronger relationships with other leading institutions in its field.

In reaction to winning the award, Professor Szalay and the IDIES department showed shock and contentment.

"[We're] very pleased, if not quite unanticipated," Szalay said. "Previously, Hopkins hasn't been particularly strong in this field. This recognition further establishes the university's position. We can provide computing through GPU arts in a much more cost-effective way. The difficult part was to be able to stream the data, now that we will be able to, this will be a game changer."

NVIDIA is best known for inventing the GPU, a device responsible for driving the graphics in computing games and applications (such as the Xbox and PlayStation 3 game consoles), in 1999. Since then, the company has developed supercomputing sites around the world and has recently moved into the mobile computing market (phones and tablets), competing with companies such as Intel. Most prominently, NVIDIA has become a commanding force in the field of parallel processing capabilities, which provide researchers and scientists with the efficiency to run high-performance applications. Dubbed CUDA, this system enables dramatic increases in computing performance by utilizing the GPU. In other words, CUDA enables co-processing (opposed to central processing) by using the CPU (a co-processing unit) and GPU.



COURTESY OF WWW.PLANNING.ORG

Walking along a street lined with colorful row houses is one of the charming aspects of Charles Village.

Charles Village among most beautiful

By **KATIE NAYMON**
Staff Writer

Charles Village was named one of America's Most Beautiful Neighborhoods in the October issue of *Travel + Leisure* Magazine. Jason Cochran, the writer of the piece, focused on each neighborhood's aesthetics and local charm. Charles Village was among nine other neighborhoods in the country, including Brooklyn Heights, New York City and Hancock Park, Los Angeles.

Many Hopkins students were shocked with this distinction, especially freshmen that have only lived here for a few months.

"I've been to a number of neighborhoods in my life," freshman Grant Lease said. "I wouldn't venture that this is in the top ten. There must be a hidden part of Charles Village I haven't seen."

Many upperclassmen were also surprised.

"It's not very attractive," junior Jessica Chen said. "It doesn't offer many things a big city would offer, but it has a big city crime rate."

The neighborhood began in 1869, but was called Peabody Heights at the time. In 1967, the community decided to rename itself Charles Village, a name created by resident Grace Darcin. According to the 2000 Census, 7,925 people live in the village, but over 14,000 people live in Greater Charles Village that includes the small neighborhoods Abell, Old Goucher and Harwood. The Village's official website says over 700 businesses are based in Charles Village.

In his article, Cochran writes that Charles Vil-

lage is "green with trees, painted in sprightly colors and atypically blends turn-of-the-century, Baltimore-style row houses with yards and wide boulevards. In short, it's an inner-city neighborhood you could fall in love with."

Cochran also notes the Waverly Farmers' Market and Baltimore Museum of Art as highlights of the village.

LiveBaltimore, a website that contains Baltimore neighborhoods profiles, describes Charles Village as quirkily, liberal, walkable, close-knit and involved.

To many students, however, Charles Village is just the area that immediately surrounds the university: Barnes & Noble, Chipotle and a couple of sidewalks leading to apartments and frat houses.

Bud Beehler, a ten-year resident and member of the Charles Village Civic Association board, disagrees.

"It's a vibrant neighborhood with lots of activities going on," he said. "The university is particularly one of things that attracted me to the village. With museums and restaurants, there are always a lot of things to do. I enjoy seeing all the kids coming back in the fall. The neighborhood wakes up again."

Beehler thinks the village's negative reputation among students has to do with Baltimore's crime rate—a concern for many students.

"Any number of urban cities can be dangerous spots if you put yourself in them," Beehler said. "Charles Village has had their share of crime. There's a lot of people out

there, including kids from Hopkins, who leave doors unlocked. You have to be safety conscious and be wise about your behavior and surroundings. Travel with people. I don't travel late at night alone here or anywhere."

Still, some students remain worried.

"The amount of security around us makes it seem like the community isn't safe," freshman Alannah Lejeune said.

Other students, though, believe that *Travel + Leisure's* designation is accurate.

"There are really great and charming establishments here," senior Zack Chaffin said. "The fact that you can go to Maxie's and Donna's—I think it's really cool that they're local. Sure, Baltimore has its problems. A few streets over is not a good neighborhood, but it's inner city."

Beehler believes that if students take advantage of the village and its resources, they'll discover a truly special neighborhood.

Students should definitely get involved," he said. "The civic association plans all sorts of social and community service-based programs. We'd love to see more students interact in them."

While many students take the village for granted, others believe they are lucky to live in such a unique neighborhood.

"I think that the diversity that Baltimore offers is shown well in Charles Village," sophomore Amanda Best said. "From community events to access to national projects, Charles Village is a fun, eclectic section of Baltimore that is a step away from the stereotypical Baltimore in a nice direction. While I don't think I will end up living here, because I am definitely not a city-type, I am really enjoying being within Charles Village at least while I am young and at school."

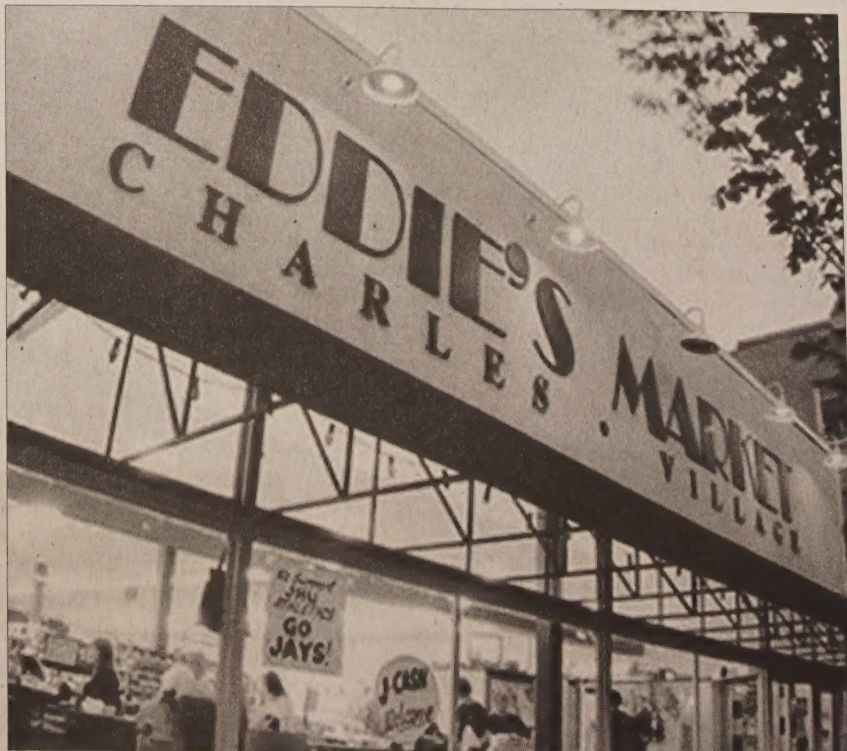
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Eddie's Market on St. Paul St. is one of the many local establishments that makes Charles Village unique.

NEWS & FEATURES

Futures Seminars discuss “white paper” program, Hopkins humanities

By JUSTIN FALCONE
For *The News-Letter*

The Hopkins Futures Seminars program was conceived by Dean Katherine Newman as the first phase in a dynamic review process for the academic departments and programs in the Krieger School of Arts and Sciences. The review process was designed to ensure that Hopkins is able to address the shifting nature of the academic disciplines it fosters.

As the first phase in the review process, the Futures Seminars are vital facilitators of exchange that have great influence. During the Futures Seminars, interested student and faculty members discuss the academic developments in their fields and question the focuses Hopkins should adopt in the future to address such developments. After the seminars, the heads of each department will compile a “white paper,” described by the Futures Seminars website as “a comprehensive analysis of the department’s vision of its discipline, and its place in the fields it covers.” The white papers will be followed by an external review of the department and a response to the review, all meant to foster focus on a plan for the future of each department for the dean’s office.

Professor Matthew Roller of the Classics department became involved with the Futures Seminars in early 2010 when he helped the program in its early stages. Dean Newman later asked Professor Roller to headline the Futures Seminars program. As the program’s leader, Professor Roller orchestrates the organizational planning and dialogue necessary for the successful implementation of each Seminar.

Professor Roller believes the Futures Seminars program is “driven by the desire to grow the school.” The Futures Seminars program aims to address the needs and ideas expressed by participating parties attending each seminar. The University has thus far substantiated this aim by directly responding to the desires noted in previous Seminars.

Professor Roller believes evidence of positive University reaction can be seen in the wake of the Film & Media Studies Futures Seminar of last November. Participants of the Film and Media Studies Seminar noted a lack of full-time faculty positions in their program. Permanent, full-time positions have already been filled within the Film and Media Studies program in response.

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sponse. The creation of full time positions within the program will “stabilize it for the future,” according to Professor Roller.

“Many other department decisions have been made to create new positions and faculty,” Roller said.

Although review processes have been enacted in the past at Hopkins, the Futures Seminars program is currently unique to all universities because of its scale and rapidity.

“What Dean Newman has done is unprecedented,” Roller said.

35 seminars will have been completed in a very concise time frame when the program concludes in December.

The Seminars are unique also because they serve as an open symposium for the voices of current Hopkins students as well as internal and external professors. Professor Roller believes the open nature of the Seminars is “very exciting for faculty, [and] very exciting for everyone else to see what is going on in different departments.”

The inclusion of professors and faculty from other universities in the Futures Seminars was purposeful and allows Hopkins to learn from the developments of other universities while advertising the strengths of its own programs. Professor Roller believes the Futures Seminars potentially allows for the rectification of problems Hopkins’ departments face by encouraging dialogue with professors from other universities that may have worked out solutions to similar problems. The

UPCOMING SEMINARS

Latin American Studies

November 3rd and 4th
Paul Gootenberg, SUNY at Stony Brook
Edmund Gordon, University of Texas at Austin
Eric Hershberg, American University

German and Romance Languages

November 10th and 11th
Ruben Gallo, Princeton University
Joshua Landy, Stanford University
Helmut Muller-Sievers, University of Colorado
Arielle Saiber, Bowdoin

International Studies

November 17th and 18th
Jelke Boesten, US Institute of Peace
Patrick Thaddeus Jackson, American University

Center for Africana Studies

December 1st and 2nd

Women, Gender, and Sexuality

December 8th and 9th

Futures Seminars provide an opportunity for diverse members of an academic community to reflect on the state of their discipline now in relation to the state they foresee 10 to 15 years in the future.

Current students are welcome to attend each Seminar to learn more about dis-

ciplines that interest them or to contribute to discussions relating to departments in which they study. Seminars are held on select Thursdays and Fridays.

The Latin American Studies program will hold the next Futures Seminar from November 3-4. The upcoming Seminars, which

will also be those that conclude the present program, will focus on the Department of German and Romance Languages and Literature, the International Studies Program, the Center for Africana Studies and the Program for the Study of Women, Gender, and Sexuality.

Hopkins hosts
Centennial Conferences
and championships
Nov. 4 — 6

Men’s Soccer Centennial
Conferences Semifinals:
Friday, Nov. 4

5 p.m. Hopkins v. Franklin
& Marshall/ Haverford

7:30 p.m. Dickinson v.
Muhlenberg

Championship: Sunday,
Nov. 6

12 p.m. Semifinal winners

Women’s Volleyball
Centennial Conferences
Semifinals:

Friday, Nov. 4

5:30 p.m. Franklin & Marshall
v. Gettysburg

8 p.m. Hopkins v. Haverford/
Swarthmore

Championship: Saturday,
Nov. 5

7 p.m. Semifinal winners

Women’s Soccer Centennial Conferences Semifinals:
Saturday, Nov. 5

4:30 p.m. Hopkins v. Franklin & Marshall/ Haverford

7 p.m. Gettysburg v. Swarthmore

Championship: Sunday, Nov. 6

3 p.m. Semifinal winners

NEWS & FEATURES

History Professor Kenneth Moss looks at old stories in new ways

Accomplished professor discusses his love for history and how Hopkins has helped it to thrive

By EVAN BROOKER
Staff Writer

Exploring one's interests comes in different forms. Students can learn they are passionate about a field when they join a new club, travel or take a class for distributional requirements. For Hopkins Professor Kenneth Moss, a passion for Jewish Studies was discovered when sitting through hockey games.

Moss would go to Harvard Hockey games to show support to his college girlfriend, who was head of the pep band who played at the events. Sitting in the stands, bored, Moss would crack open a book. During this time, he happened to stumble upon Jewish History.

Moss took an interesting route to determine what he wanted. Professor Moss had some interesting experiences in his youth. With roots in Metuchen, New Jersey, he had the opportunity to travel to countries such as Japan and Italy when his father, a chemistry professor, attended international conferences. Prior to his freshman year in college, Moss

took a gap year in Israel, which brought perspective to his undergraduate experience.

"In college, I was a bookworm and did not get involved in many extracurricular activities," Moss said.

By his sophomore year in college, Moss knew he wanted to be a history professor. Upon entering Rutgers University as a freshman, Moss thought he wanted to pursue a degree in International Relations; however hours on the Harvard bleachers sparked his interest in history — particularly Jewish history. After receiving his Bachelor's degree from Rutgers University, he pursued both his Master's degree and PhD at Stanford University. During his time at Rutgers, he was a visiting student at Columbia and Harvard University.

"I made a lot of great friends and I had a lot of great professors. I really enjoyed my time at Rutgers," he said.

In 2003, Moss joined the Hopkins faculty as a history professor.

He teaches some courses on general and compar-



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Before starting his freshman year at Rutgers, Moss took a gap year and travelled to Israel, perhaps an early hint at his future passions.

ative topics in European history, but he specializes in Jewish history. His courses in Jewish history encompass the political, economic and cultural transformations and developments in Jewish life over time.

Some of his courses include: an introduction to modern Jewish history,

an introduction to Eastern European Jewish History and a variety of other specialized seminars on modern Jewry. Particularly inspired by author Hannah Arendt, Moss believes historians have more room to think methodically than in many other fields because there is no defined method to analyzing history.

Overall, Moss greatly appreciates the atmosphere of the university. He believes that the history department and the administration in general, facilitate an environment in which professors are free to teach the material as they see fit. The curriculum and syllabi are not micromanaged by higher ups.

"This freedom allows me to try new things. I get to insert different readings and see how students respond to them," Moss said.

The only exception to this type of experimentation is the course he teaches on occidental civilizations. Moss believes that this course has a particularly more rigid structure simply because of the vast amount of history it tries to cover in such a short period of time.

"Occidental Civilizations is different because one has to cover a decade

a week. This includes all of Europe not just specific countries," Moss said.

He also embraces the friendly atmosphere on the Homewood Campus. The other history professors at Hopkins are not territorial about the particular subjects they teach. Moss asks his students to explore many historical topics, many of which overlap across other course offerings.

Moss is especially impressed by the high standards of the Hopkins students that he works with.

"I really like the students, they are all high caliber," he said.

Moss has learned a great deal as a professor and really enjoys teaching. Teaching, he believes, allows him to examine various topics closely.

"You learn a lot when you teach. It's a different kind of learning when you get up in front of a room of students and have to explain to them what happened," Moss said.

In 2009, Moss published his first book, *Jewish Renaissance in the Russian Revolution*. This book was centered on the debates of evolving Jewish culture and identity in revolutionary Russia.

Currently, Moss is

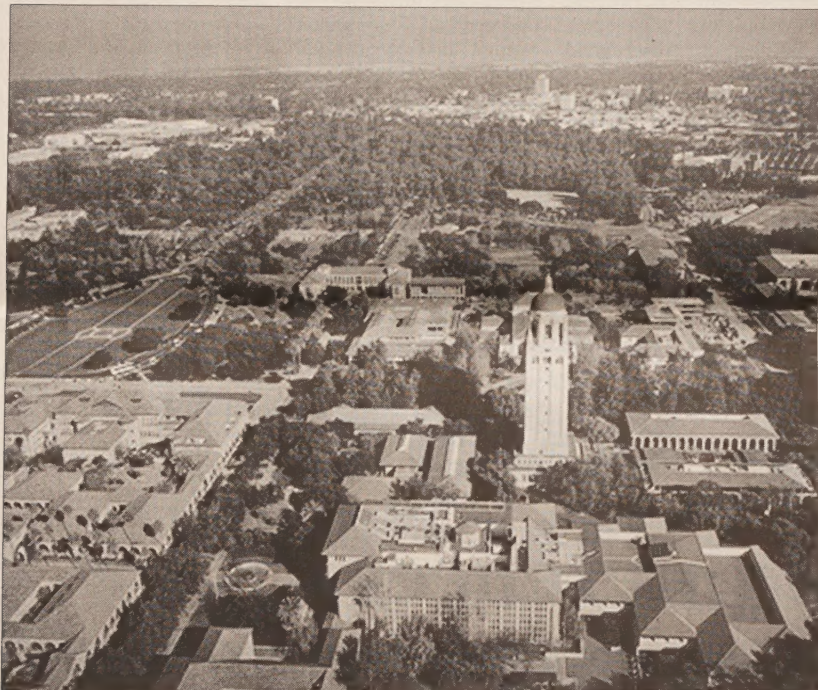
working on a new book called *The Unchosen People*. In this book, which takes place in the 1920s and 1930s, Moss focuses primarily on Jews of Eastern Europe and their coming to terms with the new evolving political systems around them. Jews during that time were confronted with new challenges.

The nation state had asserted itself as the dominant political unit in the world and Jews were minorities in every single state. Many states, particularly in Europe, were becoming increasingly hostile towards Jews.

Aside from his career, he continues to foster the unconventional analysis that history provides and cognitive growth in his home life.

The girl Moss watched at the Harvard hockey games is now his wife, Anne Moss, and is a professor of Russian literature and cinema, film theory, and feminist theory at Hopkins. The Moss professors are also in the middle of parenthood, where they are raising their children to speak both English, Yiddish and Hebrew.

"The goal is to have my kids be trilingual by the time they enter college," Moss said.



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Moss earned his Master's degree and PhD at Stanford University before coming to teach at Hopkins.

City Briefs

City cuts electricity to Occupy Baltimore protesters

Due to safety concerns, electricity was cut from power outlets in McKeldin Square on Wednesday evening. The outlets had been used by Occupy Baltimore protesters for the past month to power computers, televisions, and other electronics and appliances.

Inspectors surveyed the area and deemed the large volume of electronics being powered by the outlets as a fire hazard.

Street lights in the area, however, will remain powered.

Union Memorial Hospital sued for unnecessary stent

Last week, a woman filed a lawsuit against Union Memorial Hospital and Dr. John C. Wang, the chief of the cardiac catheterization lab. The woman claims that stents were unnecessarily placed in her arteries and that her recur-

ring chest pains were diagnosed by the hospital as a stomach illness.

The lawsuit was filed in Baltimore City Circuit Court by A. Donald C. Discepolo and Andrew J. Toland III on the behalf of Martha J. Phillips, from Baltimore.



COURTESY OF WWW.CHARM-CITYCIRCULATOR.COM

Green line added to Charm City Circulator Route

This past Tuesday, Baltimore added a third route to the Charm City Circulator, a free bus service that provides transportation to city-goers to various places downtown. The new Green line will start at the Hopkins Hospital and make stops at Fells Point, Harbor East, City Hall and the Fallway. The bus will then go back to Hopkins Hospital via the same route.

Ronald R. Peterson, President of the Johns Hopkins Health System, anticipates this helping Hopkins employees and alleviating parking hassles.

The current two routes have an average usage of over 9,000 people a day. The average anticipated daily ridership for the Green route is 2,500 people. The Charm City Circulator is funded by the city's parking tax.

Bottle with suspicious contents cause school evacuation

This past Tuesday, students at the Baltimore Freedom Academy, a charter school housing grades 6 thru 12, found a quart-sized glass bottle in the school's storage area. Upon opening the bottle, the fumes were overwhelmingly strong. The students dropped the bottle, letting the substance splatter all over the floor and causing two students to experience eye irritation.

At 11:30 a.m., firefighters were at the scene and paramedics were treating the students. No other

people were harmed during the event; however, the 600 students were asked to evacuate the building for 40 minutes.

Later, a spokeswoman for the school stated the bottle was filled with formaldehyde.



COURTESY OF MELANIE GERSTEN

Baltimore Grand Prix in financial trouble

The Baltimore Grand Prix faces a series of financial problems, including a missed loan payment to the state, lawsuits alleging nearly \$1.6 million in unpaid bills, and numerous other accusations of failed payments.

IndyCar officials have already announced Baltimore as part of the racing schedule but the recent charges have raised concerns amongst city and state officials.

Man sentenced for leaving scene of fatal accident of JHU affiliate

Maximilian Hopkins Bode, 21, was sentenced to 60 days of jail time this past Wednesday for fleeing the scene of an accident where his snow plow fatally hit Richard Francis Oles, a retired Hopkins fencing coach. The incident occurred earlier this year on Jan. 27.

Anne Arundel County Circuit Judge Paul A. Hacker also gave Bode three years of supervised probation and 20 hours of community service. Another two years and 10 months in jail were suspended for remorseful Bode.

Councilwoman accuses city of absentee ballot fraud

Baltimore City Councilwoman Belinda Conway accused the city of fraud by mailing incorrect absentee ballots to 7th District vot-

ers. Conway, who is running a write-in campaign for the Nov. 8 election, said she confirmed that at least seven of her constituents were incorrectly mailed 6th District absentee ballots.

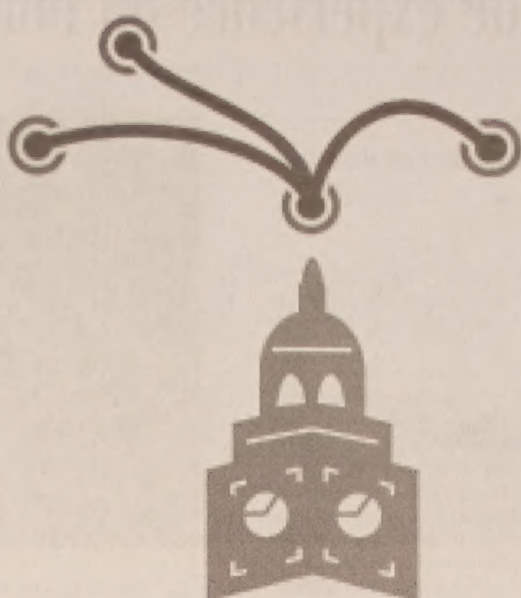
The City's election director, Armstead B.C. Jones said he received no complaints from voters but would now investigate the issue.

Baltimore native imprisoned in Libya to return home

Baltimore native Matthew VanDyke is scheduled to return after being imprisoned in Libya for about six months.

The writer and filmmaker flew to Libya last February to assist the rebels in overthrowing dictator Muammar Gaddafi. On March 11, he drove into an area that was going to be ambushed by Gaddafi's troops. He disappeared that day, and was not located until July, when a friend saw him in the Abu Salim prison in Tripoli.

VanDyke was recently released from jail and will return home this Saturday.



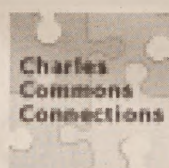
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NEWS & FEATURES

Barnstormers provide experience on both sides of the stage

Theatre group allows students to try new things and leave their comfort zone

By GAURI WAGLE
For *The News-Letter*

A Piece of My Heart by Shirley Lurl captures the enigmatic American reaction to the Vietnam War. Over four-hundred hours of effort went into this powerful play.

"It's the story of six women — nurses, red cross girls, etc. — who went to Vietnam," "President of Barnstormers junior Danielle Lohan said. "It's about their experiences there and when they came back to America; how they dealt with things like PTSD [post traumatic stress disorder]."

The cast and crew began rehearsing in mid-September, going so far as to create a replica of the Vietnam War Memorial — a wall that took the group sixty hours to build and that includes some of the real names of those who died fighting.

But this is a regular feat for the Barnstormers. The oldest and largest theater group on campus, the club puts on six shows every year: two professionally directed plays on the main stage and four other smaller shows. The student directors begin every year with the Orientation show, for which the cast and crew prepare for over the summer. Then, the upper-classmen direct a cast comprised of freshmen, known as the freshmen one act. In the spring, the group rehearses over intersession to perform the intersession show. They end this series of student directed plays with the spring Shakespeare show.

The plays and musicals have several compo-

nents — technical aspects such as lights, stage work and makeup, as well as the acting done by the cast. Production requires great oversight, such as making sure the Barnstormers have rights to the performance and script.

"[My job is] to coordinate — the [other] students do the production and I just make sure the technical aspects are in order," Lohan said. "Actually, my job really isn't that big when you look at the huge amount of work that other people put in."

The Barnstormers currently have about 50 active members, and every play involves about 25 of them. The entire group meets twice a semester.

Zach Lubberts, a sophomore who recently joined the Barnstormers was cast as the leading male role and he acted as every male character in the play.

"I joined because I had friends in it and I figured it was worth a shot. If I didn't get in — well, I had nothing to lose," he said. "But I got in and it's been a great time. I would definitely do it in the future, so I guess it's increased my involvement. And I'm so grateful for the people I've met through it."

"The show is powerful. I know quite a few people have been tearing up or crying. When I read it at first, I don't know; I was just impressed. I'm very proud to be in it."

Such success took great overview.

"It took a lot of work to make sure the cast was really unified — which is always important, but especially for this one

[play]," Logan said. "The actors really need to have good chemistry for it to be good."

Victoria Schroeter, a co-vice president and head of studio productions, also devoted a lot of time to the play. As both part of the production itself and an actress, the sophomore was in the studio for about fourteen hours every week.

Schroeter starred opposite Lubberts in the show. However, the beauty of the play was the complexity of its characters — when one character shared memories, the actors played roles from that character's past, resulting in each actor possessing multiple roles.

Schroeter worked with the eight other board members, including Lohan, to produce this play. They met as a group once a week and discussed the oversight of business, production and publicity. The jobs for each production are divided between them.

Barnstormers offer opportunities for everyone. Schroeter auditioned as a freshman and was "sucked in and got stuck with something valuable," she said. She loved her experience thus far, and said, "It's so important for me because I get lost in the science and academics here. It's a nice change to meet people who are like me and have an appreciation for the arts."

The Barnstormers continue to welcome new members and try to appeal to everyone by offering the support of peers and new experiences.

"There's no excuse to not get involved," Lohan said. "We have something for everyone!"



OLIVIA BERMAN/PHOTOGRAPHY STAFF

The Barnstormers took the stage last weekend at their show, *A Piece of My Heart*.



OLIVIA BERMAN/PHOTOGRAPHY STAFF

Backstage duties such as set design, wardrobe and make-up helped set the scene for the show.



OLIVIA BERMAN/PHOTOGRAPHY STAFF

The Barnstormers give all students a taste of theater, regardless of prior drama experience.

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NEWS & FEATURES

Occupy forum explores pertinent social and economic issues

OCCUPY, FROM A1

A major criticism of the movement is that the protesters do not have any clear goals or concrete ideas for substantive reform. This forum was an attempt to address what the protesters really want, what the movement stands for and how the Hopkins community can become more involved.

The panel featured Aaron Martel from the Department of Geography and Environmental Engineering and who is also a member of Medical Working Group, the organization in charge of supplying basic health care to the encampment in Baltimore. In addition, Professor Christopher Nealon from the Department of English and Professor Lester Spence from the Department of Political Science both contributed to the panel.

Also in attendance were Lawrence Grandpre, a member of Baltimore progressive policy think tank Leaders of a Beautiful Struggle and graduate students Chris Westcott and Connolly from the Departments of English and Political Science, respectively.

"I think the speakers were great," Westcott said. "Our basic aim was to of-

fer a contextual analysis of the movement, something that the University owes to itself to do. This is a special place to do such a thing. A lot of people could have spoken, however this panel was very refreshing and knowledgeable."

Martel began the forum with his personal perspective of the Occupy Baltimore movement and a general update on what has been occurring at McKeldin Square, at the corner of Pratt and Light Streets. He had been involved with the movement since it began, and stressed the fact that this was an opportunity for people who had not participated in politics before to get involved. He tried to shed light on the ambiguity that sometimes plagues the movement.

"The site for Occupy Baltimore was chosen because it is illustrative of the concentration of power that the movement is struggling against. It is located at the intersection of the financial district and development district, and exemplifies a major problem," Martel said. "A main goal of the movement is to advocate for more even development, and for this development to include more of a local workforce."

Martel also brought up a series of points to negate



NATHALIA GIBBS/PHOTOGRAPHY STAFF

The panel comprised of both Hopkins professors, graduate students and other Baltimore figures touched on the different facets of the movement.

the criticism that the Occupy movements are just large groups of angry, unemployed people. He spoke about Baltimore particularly, but stressed a transformation he had noticed.

"The first two weeks involved infrastructure building," Martel said, "We had to establish a food committee, which was taken care of by the Baltimore Free Farm. There was also need for a medical staff and a separate committee for developing signage."

"However, recently the process of direct action has become more prevalent, in that the movement is trying to address and solve more problems."

Nealon then went on to speak about the history of the Occupy Movement and how it really came to be. Nelson recalled how he taught in the California State University System and witnessed the roots of this movement. In 2009, the UC schools were beginning

to dramatically increase their tuition in order to encourage investors to produce new projects on certain campuses. Members of the UC Santa Cruz student body had enough of this treatment and occupied the commons of the school. Nealon showed that the Occupy Movement spread throughout the country and adapted an anti-capitalist language, but based itself on this movement.

"I try to be the best professor I can be, staying in my office for hours on end and making sure I give my students the best possible experience. However, in Marxist terms, I am still non-productive labor," Nealon said. "It doesn't mean my life work has no meaning, but it does mean that the ability of the University to pay me is built on the fact that they can pay their food workers and bus drivers a lot less."

The next two speakers, Spence and Grandpre,

both spoke on a similar matter: the role racism played in the Occupy Movement. Spence began by having the audience visualize a graph of inequality over the years, showing that it would form a "U." This meant that inequality was very high in the early 1900's then went down and is now dramatically back up. He suggested that the Occupy Movement should begin to branch out towards other populations, to promote issues that are related to the movement but not necessarily advocated for at the moment.

"The Occupy Movement is an opportunity to speak about issues that have always existed, but usually just for certain populations (minorities)," Spence said. "Now that whites and a greater majority face these problems, a lot of momentum is generated. The only way something like the Occupy Movement works is if

it works in a number of different circumstances, for a number of different people."

Westcott ended the panel showing that there have been a plethora of protests throughout the history of Hopkins. In the 1950s and 1960s, many Hopkins students participated in civil rights sit-ins, including one with Duke Ellington. Many Hopkins students protested the Vietnam War, and the Homewood House was even briefly occupied in the 1970's.

"There is a lot of self reflection to be done here, and as my presentation tried to show, it has happened in the past," Westcott said. "There are plenty of opportunities for that to continue. Student movements generate a lot of momentum; however, the Occupy movement remains distant from many students. This presentation is trying to change that."

Group seeks to improve access to pharmaceuticals

UAE, FROM A1

two years ago, the Statement has been endorsed by 26 institutions, including Harvard University, the University of Pennsylvania and the National Institutes of Health.

Protesters felt that current Hopkins policy prevents patients in developing nations from benefiting from medical discoveries made at the University. According to protesters, Hopkins's licensing contracts with pharmaceutical companies typically allow the companies exclusive rights to produce and market a drug.

The group feels that while these drugs may be financially within reach for relatively affluent patients, they are not accessible to most people in developing nations.

The protest was held as part of UAEM's annual conference, hosted at the Hopkins Medical Campus this year.

UAEM is a non-profit group aimed at improving medical access in developing countries by seeking change in university patent and licensing policies nationwide.

UAEM members from across the globe attended the conference and protest, such as UAEM member Jessica Liu, who traveled from Brazil.

"It's very important to populations in poverty that they have access to medicine because it may be their last chance to survive," Liu said. "It's very important to motivate countries... to fight for access for medicine [and] to make the drugs cheaper."

Starting from the Keyser Quad, protesters marched to the Freshmen Quad shouting as they went. Chants included, "Medical access for all" and "No access, no peace." At the Freshmen Quad, protesters shouted their grievances into a megaphone.

"How much longer will we stall? Global licensing for all," they shouted.

The protesters then walked to Daniels's home on the Homewood Campus to continue their shouts and chants and gain the attention of the University president.

"Why won't you sign the SPS?" one UAEM from South Africa shouted.

To conclude their protest, UAEM members built a stack of empty pill bottles at the president's front door. Each bottle was printed with a label listing Daniels as the doctor, the world as the patient and greater medical technology access as the prescription.

"[It represents Hopkins] leaving the world's poor with empty pill bottles," Tyler Brown, a UAEM member, Hopkins medical school student and one of the organizers of the conference and protest, said.

As the protesters left the president's home, Hopkins security personnel arrived on scene. Initially some protesters attempted to engage in conversation with security personnel; however, other protesters told each other to ignore the security personnel and walk away, which most promptly did. Hopkins security engaged in no further interaction with the crowd.

"It was a brief and orderly and respectful expression of opinion and there was no trouble of any sort," Dennis O'Shea, University Spokesperson, said. "[There were] no concerns."

The UAEM has been discussing the issue with the University for, at least, the past year and has been met with encouraging feedback.

"The University has been reasonably responsive to our concerns," Brown said. "We've had very good dialogue."

"We want discussion to turn into action as soon as possible," Brown said.

The UAEM sees the current climate as ripe for change.

"We've really seen universities turn a corner," Brown said, citing the growing number of signatories of the Statement of Principles and Strategies. "It's a tipping point."

However, according to O'Shea, there have been no plans for implementing any changes.

"I'm not aware of [any changes to policy]," O'Shea said.

Event raises awareness of food standards

100-MILE, FROM A1

converse with each other, forging connections among different sectors of the real food movement.

The Real Food movement centers on six basic principles: reducing diet-related diseases by promoting healthy foods, supporting sustainable farms and restricting subsidies to big agribusiness, increasing the availability of food and alleviating hunger, protecting the environment and animals by reforming factory farms, promoting health by limiting junk-food marketing to kids and supporting fair conditions for food and farm workers. As a national event, Senator Tom Harkin of Iowa and Representative Rosa DeLauro of Connecticut are the Honorary Co-Chairs for Food Day 2011, which is sponsored by the Center for Science in the Public Interest.

"Our main goal is to bring together like-minded people from all divisions of Hopkins and the surrounding Baltimore community to start coming together on issues that relate to food sustainability," sophomore Raychel Santo, President of Real Food Hopkins, said.

The meal cost only \$5 and featured food from the Johns Hopkins Sustainability Garden and other local producers, as well as an engaging dialogue amongst diners and representatives, whose dedication for the Real Food movement extended into conversations that lasted past the discussion panel on "Real Food: From Cafeterias to Communities" until later than 8 PM.

The panel included Brent Kim, MHS, Farming for the Future project officer at the Center for a Livable Future from the Bloomberg School of Public Health; Gladys Burrell, Johns Hopkins

food service worker and member of UNITE HERE Local 7; Cheryl Carmona and Aliza Sollins, who are urban gardeners; and community organizers at Boone Street Urban Farm.

The discussion covered the various aspects of the food system, such as soil science and the health and environmental benefits of fresh food.

"There were lots of people, the food was good and the speakers were very interesting and had very different backgrounds and perspectives on what was going on," freshman Charles Wagers said.

The panel also centered on the greater theme of the initiative to incorporate fresh food into the diets of Americans. Carmona and Sollins discussed their efforts to get the people of Baltimore to integrate the fresh food from their Boone Street Garden into their diet.

Particularly relevant to Hopkins and its undergraduates, Gladys Burrell spoke about Hopkins's transition towards adopting fresh food. With her experience of more than 40 years with Johns Hopkins dining, she explained the Hopkins food system. Having been head chef in the 1970's, when boxed foods dominated the menu, she attested to the vast improvements in Hopkins dining.

Real Food Hopkins announced its new project, as a part of the Real Food Challenge, to track Hopkins's purchasing through

the Real Food Calculator and calculate the percentage of real food on campus. Real food is defined as being local, ecologically sound, humane and fair, as in fair trade and working conditions. Real Food Hopkins has collected the receipts from the FFC from September for the calculations.

"Through the real food calculator, we want to do [the FFC's] legwork for them, so that way they'll be that much more willing to accept our proposals because we can show them that we put forth the work and we want to see change," Santo said.

The ultimate goal of the national Real Food Challenge movement is to raise the level of fresh food on campus to 20 percent by 2020, and the individual efforts on the part of Hopkins will contribute towards this objective.

Santo believes that Real Food Hopkins's efforts will be successful because of the connections that they made with the farmers and because of the cultural shift that students can initiate.

"It's a huge change in the food system, and that's what the point of the Real Food Challenge is: if college campuses can do it, it can be a model for the world. If we can shift our purchasing, and we can reshape the food systems from the campus level, gradually that will work up into every other aspect of the food system," Santo said.

Students concerned by recent string of crimes

SECURITY, FROM A1

describe the suspect as "approximately 30 years of age, 5'07. . .medium build with muscular arms, brown hair. . .wearing a brown short sleeve shirt." The investigation, according to a report from Campus Safety and Security, is still pending, inconclusively.

Approximately three hours after the first incident occurred, a Hopkins senior was accosted by two males on his walk home along the 100 block of W. University Parkway, according to the same report. The suspects, one allegedly brandishing a knife, confiscated the student's cell phone; the senior immediately reported the incident to campus officials. Shortly after, a Hopkins security officer identified two suspects "fitting the [provid-

ed] description" — the specifics of which remain undisclosed — along the 4100 block of N. Charles Street. One suspect ran, while the other was detained.

Security officials have failed to release the identifications of neither suspects nor victims. Campus Safety and Security could not be reached for comment.

In the week since the incidents, however, campus security has grown more outwardly vigilant, disseminating Charles Village and Homewood security tips to the school community in daily incident reports. In the meantime, students remain cautious.

"I might stick to the treadmill for awhile," Padden said, half-joking. "At least until I feel a bit better about what's going on out there."

CORRECTIONS

In the Oct. 27 issue, in the "Greek Week combined philanthropy and competition," photo on A1, Catherine Guenther was incorrectly credited as Catherine Gunther.

In the Oct. 20 issue, in the article titled "Arctic sea ice retreats to second-lowest recorded level in Sept." on B9, Earth and Planetary Science Professor Thomas W.N. Haine was incorrectly referred to as Thomas Haines.

The News-Letter regrets these errors.

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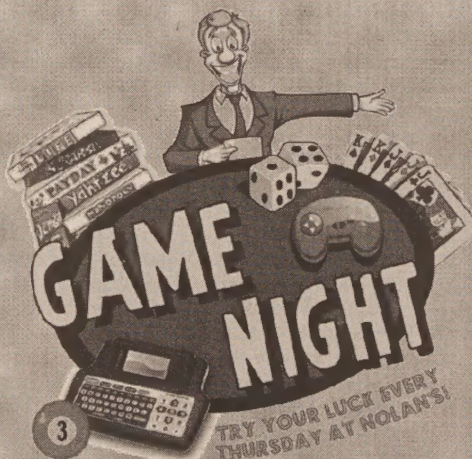
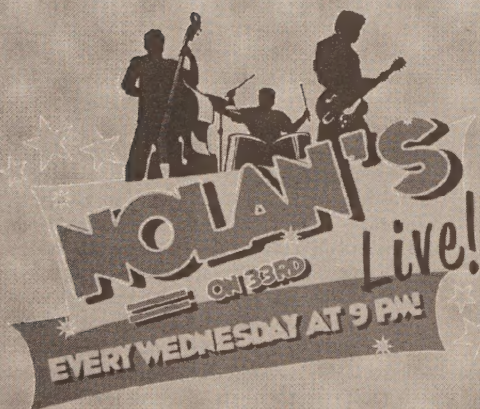
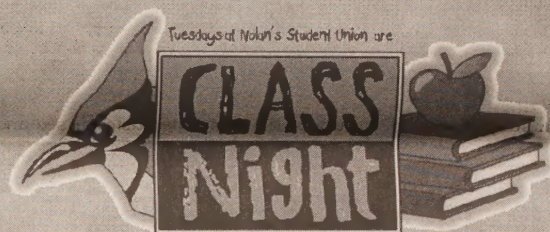
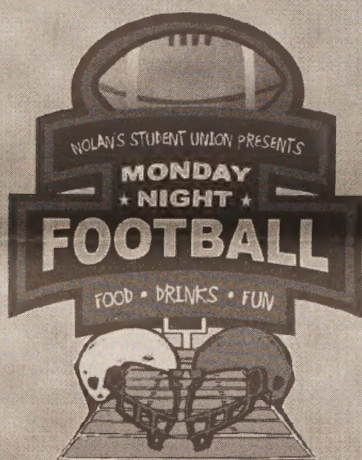
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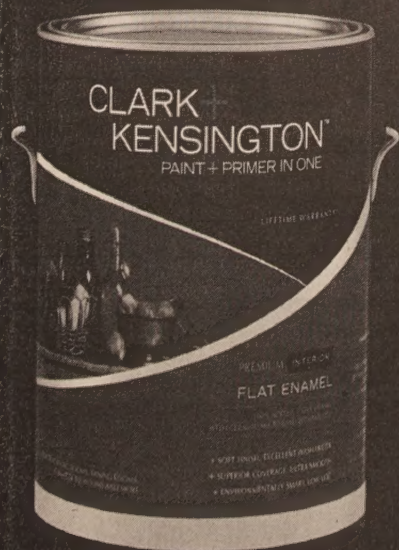
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COLUMNS

Greece: a cultural and historical epicenter

When people consider where they want to go abroad in Europe, they usually choose England, France, Spain or Italy. I'm asking you to open your mind for a moment and consider something a little less obvious. What if I told you that you could visit the modern counterpart to a great civilization even older than the Roman Empire? Have you figured it out yet? No? Greece, duh! Everyone seems to forget about Greece even though it was once one of the most powerful places in the world. Yeah, the Romans were pretty cool, but they got everything they knew from the Greeks, even their education and mythology. It was in Greece that Democracy (yeah, kind of important) was born, and it is Greece that we can thank for the works of Homer, Socrates, Plato, Sophocles and Aristotle.



Carter Banker
Travel Columnist

right at their doorstep! International Studies majors know how influential Greece has been over the years, from the Peloponnesian War to the ancient (but also current) conflict with Turkey over the island of Cyprus, among other things (did you know that the Greeks still refer to Istanbul as Constantinople? Talk about bitter — you would think they would have gotten over that after 600 plus years).

Are you interested in Ecology and looking to do independent grant work? Why not study the different climates and ecosystems on Greece's many islands? The islands could also be of great interest to students of Anthropology who are curious to explore the different mentalities and ways of life as they vary from island to island.

To find more undergraduate and graduate opportunities in Greece, go to www.study-abroadgreece.com. And check out the American School of Classical Studies at Athens website for information on fellowships and grants.

There is a lot going on in Greece at the moment, making it a very worthwhile place to visit. Because of the dire economic situation in Greece, there is a much frustration within the country. While I was there this summer, I was lucky enough to be able to witness one of the protests in front of the parliament building. I couldn't understand what they were chanting, but it was clear to me that these people were united in their dissatisfaction with budget cuts and their effects on people's daily lives. In fact it was evident throughout Athens, where graffiti was everywhere, that the city and the entire country was filled with angst (studying graffiti would be an interesting project for anthropologists).



COURTESY OF CARTER BANKER

Greece offers diverse opportunities for a large variety of majors.



For me, the one defining moment of my trip to Greece was sitting at the rooftop restaurant of a hotel right next to parliament, being able to see and hear the protesters

below me and seeing the Parthenon lit up in the distance. It helped me to fully understand what Greece is — a true mix of old and new. The country where democracy was born thousands of years ago was now witnessing the modern day results: the voice of the people.

So whether you are interested in immersing yourself in the glory of the past or in the issues of the present, Greece is the perfect destination for you.

Fold and roll your way to Japanese at home

I love Japanese food! I go out to Japanese restaurants all the time, but I'd never really considered making it myself. Then I found out that my friend's dad Mr. Ricks had spent two years in Japan and loves to cook. My friend and I worked along with Mr. Ricks and prepared a great Japanese meal



Allison Borko
Food Columnist

of Gyoza (dumplings) and Salmon sushi. The trip to the Japanese supermarket was not what I was used to and was a little confusing, but once we got the ingredients, cooking was not too difficult. It was especially helpful to have Mr. Ricks demonstrate his techniques, so I hope this column will serve as adequate directions. Good luck!

Appetizers first! The trick to making dumplings is really all in the ingredients. Traditionally, most people make their own dough, but let's not get carried away. We used pre-made wrappings, which you can get at any Japanese supermarket. Although it would have been authentic to make the entire meal from scratch, this step saves a ton of time. Next, we made the filling.

Ingredients for filling:

- ½ head of cabbage
- 2 cups of hamburger meat
- 1 onion
- salt
- onion powder

Directions:

1. Chop up the cabbage and onion.
2. Mix the cabbage, meat and onion and add a touch of salt and onion powder. Even though it gets a little messy, mix thoroughly with your hands.
3. Stuff the wrappings with around a teaspoon of filling, not too big because you need to be able to seal the wrappers. Put a little filling in the middle of the wrapper then fold it in half and seal it shut with water.
- Once stuffed, it's time to fry the dumplings. Mr. Ricks calls this "shallow frying" instead of deep-frying because we didn't use too much oil.
4. Fill the dish with about ½ inch of vegetable oil.
5. Carefully drop the dumplings in one by one. Cover the pan to watch out for hot oil.
6. Flip the dumplings to fry both sides and cook until golden brown!

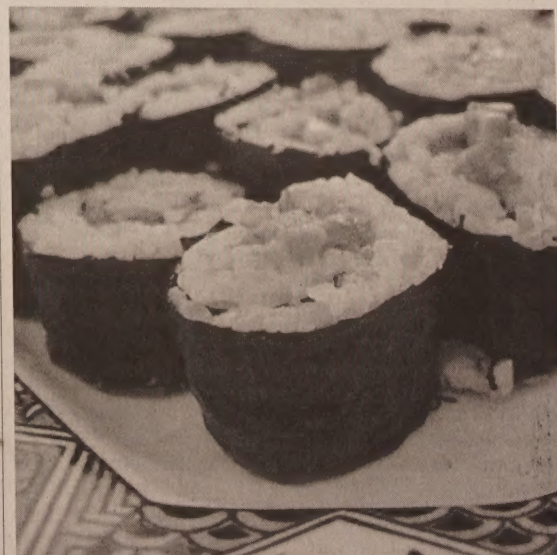
While you're waiting for them to cool before you can eat the dumplings, **start preparing the sushi!** These ingredients can also be bought in a Japanese supermarket. Make sure your fish is fresh!

Ingredients:

- Short grained white rice
- 2 Tbsp. sushi vinegar
- Nori (seaweed)
- Wasabi
- Salmon
- Avocado
- Japanese cucumber
- Black sesame seeds

Directions:

1. Cook the rice (1 1/4 cups of water per cup of rice). Let it cool and stir in the sushi vinegar per cup of uncooked rice.
2. Peel the cucumber and slice it thin and long.
3. Slice the salmon and avocado similarly.
- We used a sushi press (which can be found at any Japanese convenient store) but if you don't have one, you can use a place mat that can be flexible and can be rolled.
4. Lay the Nori shiny side down on the sushi press.
5. Lay down the rice on top. The rice is super sticky, so make sure to press it down so that it is evenly distributed. Leave around two inches of the nori "unriced" towards the end.
6. Lightly spread some wasabi to the end closest too you. Be careful, wasabi is hot, especially if you leave clumps!
7. Next, lay the slices of cucumber, avocado and salmon next to each other on the end of the nori that is covered with rice and closest to you.
8. Sprinkle sesame seeds on the rice.
9. Begin rolling by pressing with your fingers in front of the roll and pushing from the back on the actual sushi press.
10. Cut off the excess nori and wet the end and stick it to the side of the roll. Then roll the sushi one last time, pressing firmly with your fingers on the front and thumbs on the back of the roll.
11. Cut off the ends and cut the roll in half and then half or thirds again, depending on the size you want.
- And there you go! A delicious two course Japanese meal that you made yourself!



COURTESY OF ALLISON BORKO

Making sushi at home offers a fresh, delicious and enjoyable experience.

Warm-ups and pacing combine for the best workout

Your blood is pumping, your arms feel strong, your legs are nimble, your body is aching to tear it up in the gym. . .but you have no idea what you're supposed to do.

Many people face the problem of not having a plan when they step into an exercise facility. Friends of mine have made big promises of a new, fitter lifestyle only to wander around indecisively once stepping foot into the Rec. Center. While it's good to add variety to your workout, people can and do overwhelm themselves by attempting to do literally everything and accomplishing near nothing. The end result is a hopeful soul with the ambitions of a warrior wielding a sword only as good as one sold at Party City.

Beginner or professional, you have to have patience. In a sense, it's not about how many things you can do; it's about how well you can do the few things that you do. You don't hear of a simultaneous world champion boxer and marathon runner nor are there many bodybuilding chess grandmasters out there. The only exception that comes to my mind is the decathlete accomplishing 10 events in two days, a feat possible only after years of brutal training.

Now that we are diving into actual workouts, expect the articles to come regarding specific training methods with specific goals in mind. Today, we'll talk about pace and timing.

A consistent and steady exercise routine with controlled intensity rarely goes challenged in effectiveness. This means implementing the correct level of physical effort followed by the appropriate interval of rest. If you start out jogging a few laps, don't overdo it. We know that from our warm-up rou-

tine, the first ten minutes of a workout are nice and easy, painless and relaxed.

If you're planning on something short and laid-back for the day, don't spend 15 minutes on your jogging, spend five. Since you're taking it easy anyway, your stay at the gym will be similar to an extended, low-intensity warm-up. The risk of straining and injury is very low, and two minutes to jog with five minutes to stretch is enough time to limber up. In fact, you can even start out by picking up some extremely light weights (no more than 8-10 lbs., even for males) and putting up a few reps for each major muscle group. This way, you'll get blood moving to all parts of your body in a gentle fashion, suitable and complementary for any subsequent exercise that may not emphasize them enough.

Sample Easy Day (Men & Women):
Warm-up:
-10 lb. plate lift from waist to shoulder height
-Plate over head squats
-Bent over 5-10 lb. dumbbell rows
-Bodyweight back extensions
-Two minute leg and back stretches
Workout:
-25-35 minutes at 40 percent to 60 percent max effort cardio (sport of choice: bike, jog, elliptical, hard jog, etc.)
-Four sets of body squats at 30 second rest inbetween
-Three sets of bench or push-ups at 45 second rest
-Five sets of 15 controlled sit-ups at 30 second rest
Warm-up:
-10-15 minute treadmill at 50 percent
-Five minute leg and

back stretches

Workout:

-Four sets of dumbbell press at 45 second rest

-Three sets dumbbell shoulder flies at 30 seconds rest

-Three sets of dumbbell lunges at one minute 30 second rest

-Three sets of 20-30 second wall sits at one minute rest

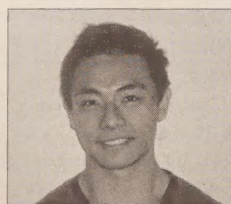
If you're planning on going a little harder, be prepared to sweat a bit more. For a cardio-based workout (plyometrics, sprints, endurance or interval training), go easy on the weights. In other words, if your goal is improving quickness and agility, spend at least 60-70 percent of your time moving on your feet, not lifting plates. Weights do get your muscles to twitch faster, but if you don't practice the actual event of moving your muscles then the dumbbells are, ironically enough, dead weights.

The theme of not doing everything in one day emerges once again: reverse your ratios next time and spend 70 percent of your time in the lifting. This will create a balance between conditioning and strength gains, ultimately leading to a faster twitch across the board for better performance.

Sample Intermediate-Advanced day (Men & Women)

Cardio Intensive Warm-up:
-Three minute jog at 50 percent

-Three sets of two minute jump rope, push-ups, pull-ups, squats with 25-35 lb. plate, arm rotations
-Leg and back stretch
Workout:
-Three sets 30 seconds in-place high knees at 30



Yang Bai
Fitness Columnist

THE JOHNS HOPKINS
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Editorial

Get real about real food

On Saturday the organization Real Food Hopkins held a dinner discussing food sustainability and quality. Per national goals, the group wants to increase the amount of “real food” — food that is local, ecologically sound, humane and consistent with fair trade — to 20 percent by 2020. The goal is worthwhile, but it is shocking that it has not yet been met. The University should put heavy pressure on Aramark to reach these goals sooner rather than later.

The University has a general responsibility to support sustainable farming practices because factory farming is extremely harmful to animals, the environment and society. A tremendous amount of food comes from factory farms. These farms keep animals in unnaturally close quarters, and they are often subject to cruel treatment. Factory farmers clip the beaks of chickens and turkeys and the tails of cows and pigs to make it easier for them to adapt to life in a cramped factory. This process is extremely painful.

The sheer number of animals also creates a hygiene disaster. In order to protect the animals from the increased likelihood of disease on these farms, the animals are preemptively given antibiotics. Additionally, they are given hormones to speed growth unnaturally. The result is meat laden with chemicals. This hurts both the taste and nutrition of the meat.

Since factory farms are in a localized area, they produce far more waste than the local environment can handle. Waste seeps into local water supplies and leads to the death of many kinds of fish, further damaging the ecosystem. Factory farms produce unhealthy food and lead to the degradation of water quality in many parts of the country. The farms torture animals, hurt the environment and are bad for people, but still they dominate the market — 40 percent of this country’s meat comes from 2 percent of its farms. The sooner Hopkins stops supporting these farms, the better.

Moreover, food is often produced on farms that have abysmal working conditions. Employees are forced to labor for long hours for barely any pay. Additionally, small farmers are beholden to corporations that pay poorly and demand that animals be chemically enhanced for rapid and unnatural growth. The only way to stop the abuse of workers and the dominance of irresponsible corporations is to create a market for sustainable meat from small, worker

friendly farms.

Local, sustainable farming allows animals more grazing room and natural conditions. Farms of this sort do not overcrowd animals or over-plant vegetables. They are more likely to produce humane, environmentally friendly and healthy food. One of the biggest benefits of these farms is that they are nearby. This reduces the costs and associated environmental harms of transportation from factory farms. Similarly, the presence of local farms leads to increased regional employment.

Hopkins should also support local produce and real, not chemically manipulated food, for health reasons. Over the past 30 years, there has been a substantial growth in chemically produced foods. There has been a corresponding increase in the incidents of obesity, heart disease and diabetes. Corporations produce food filled with chemicals because it is cheaper and increases the shelf life of the food. It is also extremely unhealthy. Almost all of the trans fats in Americans’ diets come from chemically manipulated foods, and were unnecessary elements in the production of said foods. While the rest of the world placed restrictions on such processes, America allowed them to proliferate. The consequence has been the nation’s health.

If America is going to get healthier, it must start by eating real food. For Hopkins students, doing this is particularly problematic. Freshmen and sophomores are required to buy into dining plans through Aramark. Presently, a vast majority of the food students are offered is not “real.” The students are stuck with bad food and no way out. Aramark has no incentive to move toward sustainable and healthy food on its own. After all, that food is cheaper, and it has control of a base of consumers with no other options. This is why Hopkins must step in and demand that Aramark make progress in providing real food.

Students should not be forced to buy into a system that supports animal abuse, environmental degradation, poor working conditions or unhealthy food. It is time for the Hopkins community to get serious about the types of businesses and practices the University supports. Real Food Hopkins has taken a step in the right direction with its goal to make 20 percent of food on campus real by 2020. Hopefully, that percentage increases in the near future. The health of the University depends on it.



COURTESY OF DANIEL LITWIN

A farmer’s market visited Hopkins in October 2010 to promote sustainability and environmental awareness.

LETTERS POLICY

The Johns Hopkins News-Letter welcomes letters to the editor. Letters must be e-mailed to chiefs@jhnewsletter.com for inclusion in a Thursday issue. All letters received become property of The News-Letter. The News-Letter reserves the right to edit for space, grammar and clarity. Letters must include contact information and cannot be anonymous. The News-Letter reserves the right to limit the number of letters printed.

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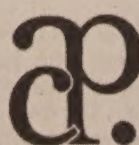
THE JOHNS HOPKINS NEWS-LETTER

The Gatehouse
 (on the corner of N. Charles
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OPINIONS

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Toeing the royal line: Resolving succession amidst Saudi conflict

By BAYLY WINDER

After years of poor health and a lengthy battle with cancer, Sultan bin Abdulaziz Al-Saud, the Crown Prince of Saudi Arabia, died on Oct. 22, 2011. Prince Sultan was the Minister of Defense and Aviation for nearly five decades and one of the most senior and powerful individuals in the ruling Al-Saud family. Five days later, as expected, Prince Nayef bin Abdulaziz Al-Saud was appointed the new Crown Prince. These developments have raised concerns about the line of succession, particularly as the leading government figures continue to age.

In 1926, Abdulaziz Al-Saud founded the Kingdom of Saudi Arabia and became the country's first monarch. Since his death in 1953, all five subsequent kings have been descendants of the founding father. The current head of state, King Abdullah, is 87-years-old and recently un-

derwent extensive back surgery. Given his age and condition, it is quite likely that Crown Prince Nayef will become the next ruler.

Saudi Arabia has become an economic superpower due to massive oil wealth. The Kingdom has approximately 226 billion barrels of proven oil reserves. It is also notable that the two holiest sites in Islam — Mecca and Medina — are on Saudi soil. Relations between Saudi Arabia and the United States date back to 1945, when King Abdulaziz and President Franklin D. Roosevelt had a famed meeting in the Great Bitter Lake, Egypt. Both states view the relationship as crucial. Ties have been strong in spite of tense periods, such as the 1973 Arab-Israeli War and 9/11. Today, key aspects of the relationship include military cooperation and counterterrorism efforts, as well as mutual dependency on oil imports and exports.

Under King Abdullah, Saudi Arabia has entered an era of cautious reform. In September, for instance, the King announced that women would be able to

vote in Saudi Arabian municipal council elections in 2015. While women's suffrage is taken for granted in the West, this unprecedented move is significant and controversial in Saudi Arabia, even though elections there are still relatively inconsequential.

In 2006, King Abdullah formed the Allegiance Council, also known as the Bayah Council. This body is composed of male members of the House of Saud, the Saudi royal ruling family and was responsible for selecting Nayef as the new Crown Prince. However, it remains unclear who makes the ultimate choice and whether or not the King is still the ultimate decider. On Oct. 28, former Saudi Ambassador to the United States Prince Turki al-Faisal discussed the Council's role at the Arab-US Policymakers Conference in Washington, DC.

"I can tell you that the right choice was made," he said, referencing Prince Nayef's appointment. "And it was made by the Bayah Council, which was established five years ago by King Abdullah to oversee the succession in the Kingdom. And in spite of all of the dire predictions of 'Beltway' experts, the council performed exceptionally well. And there was unanimity in his selection when the King nominated him."

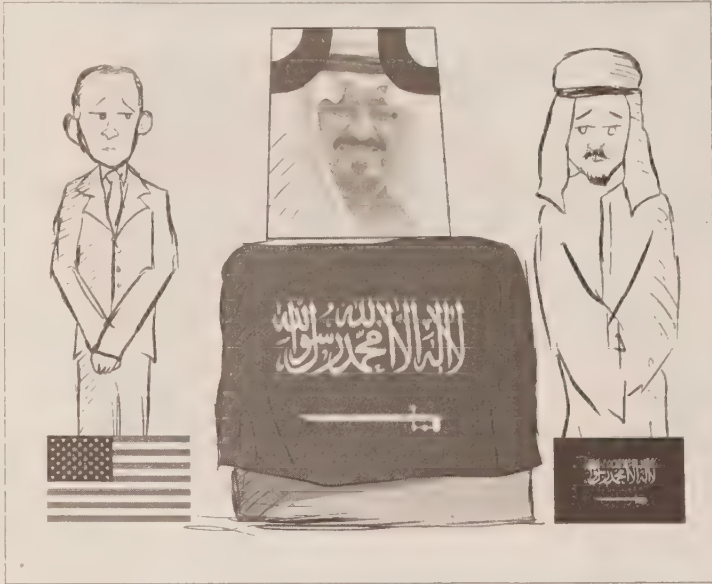
Crown Prince Nayef is generally seen as conservative, highly religious and a defender of the status quo. In 1975, he became the Minister of the Interior. Under that title, he has taken an aggressive stance against terrorists and rejected calls for a more democratic Saudi Arabia. According to British historian Robert Lacey, Prince Nayef and King

Abdullah represent a conservative-liberal alliance at the top of the government. Shortly after 9/11, Crown Prince Nayef suggested that Zionists played a part in the attacks. In 2009, he publicly opposed women participating in politics. It would be a surprise to many if women finally became able to drive under his rule.

It is important to consider Crown Prince Nayef's views within the context of Saudi society. This is perhaps the most traditional

Within the Al-Saud family, the Sudairi Seven are an influential force. These seven men are the result of the marriage between King Abdulaziz and Princess Hussa bin Ahmed Al-Sudairi. Prominent brothers include King Fahd (1921-2005), Crown Prince Sultan (1930-2011), Crown Prince Nayef and Prince Salman. The Governor of the Riyadh Province, Prince Salman is a well-respected man and the prime candidate to become Crown Prince after Nayef.

Eventually, the grandsons of King Abdulaziz will lead the government of Saudi Arabia. It is unclear how fundamental the changes will be when that occurs, but the Allegiance Council will certainly have a more challenging decision at that point. For now, one must focus on Crown Prince Nayef.



ALEX MUI/CARTOONS EDITOR

Nash Jenkins

Hopkins dining lacks flavor, variety, fairness

In an expansive glass-and-linoleum cubicle beneath the quad of Buildings A and B, something terrible is happening.

Students are eating. I'm referring, of course, to the Fresh Food Café (colloquially, 'the FFC') and the quality of the food therein — indeed, the quality of anything therein, or the quality of anything at any of Hopkins' five university-sanctioned dining locations. Considering the magnitude and resources of the university as a whole, dining at Hopkins is inexcusably deplorable. The university's apparent disregard for the appetites of its students is perhaps the most palpable token of an administration widely accused of disconnect with the community it governs.

It isn't simply a matter of meal quality. To say "the food here is bad" would be a gross reduction, though those four words are not uncommonly heard in passing from oft-unsatisfied students leaving a meal. But to cite pithy saving graces — cookies in the FFC, burgers in Levering, whatever — as a counterargument would be pandering to oversimplification. Quality relies on so much more than sheer edibility — though of course it's a crucial factor. Prioritizing the facets of quality appears to be of little concern to Hopkins dining services: it neglects them all equally.

For the purpose of this critique, I will assess the quality of dining here in a tertiary evaluation: edibility, accessibility and monopoly. In tandem, the negligence of these stipulations has created a collegiate dining experience devoid of diversity, convenience and, to put it coarsely, tastiness.

To curb accusations of superciliousness, I'll begin with what is ostensibly the most superficial of the three tenets: edibility.

I acknowledge the culinary limitations of an industrial-sized kitchen feeding hundreds; Hopkins, it appears, does not. The greatest crime of Hopkins's chefs is their deliberate aversion to simplicity. Roasted rockfish with green chilies, as a rule, should not be cooked en masse. The inexplicably-titled "Home Zones" of the FFC and Nolan's are the primary culprit here. Their failed forgery of "elegance" oversteps the boundaries posed by their limited space and resources.

Granted, edible alternatives exist, but more often than not, these alternatives invoke a question of nutritional quality. There will always be foods that are, to put it bluntly, hard to screw up: examples include French fries, cheeseburgers, ice cream and so on. But what if one is counting carbs and the Mediterranean salad that night boasts a less-than-inviting brown shade? What if one is vegan and can't recognize the appeal of vegetable barley ragout? The few loyally viable (read: remotely ap-

peeling) options err on the side of deep-fried, calorie-laden and saccharine-ripe. One, it seems, must sacrifice nutrition for satisfaction.

To where, then, can students turn? The issue of accessibility renders the Hopkins dining experience bland in both taste and venue. I'm critical not of the notion of a freshman-exclusive dining hall, but of the notion that the freshman-exclusive dining hall is the sole option for the first-years it serves. Such is the case at Hopkins. A slim margin of freshmen sporadically eat lunch in Levering Hall, if only on sheer principle, but since Levering fails to accept meal swipes for food beyond the Meals-in-a-Minute section, doing so is less than conducive to the University's youngest students. The present meal plans require serious reconsideration. A centralized student union would provide the undergraduate community on whole with a convenient, fiscally feasible, diverse array of dining options. For now, Hopkins' sole arsenal of "real world food" — i.e. familiar brands, chicken soup for the consumerist soul — is Charles Street Market. CharMar runs a lucrative business by sheer virtue of the fact that they hold a monopoly on brand-name foodstuffs that most appear to relish (for evidence, take a peek at the deli come noon).

Monopolies, however, are illegal for a reason. The primary tender of CharMar is Dining Dollars, a Hopkins-exclusive currency marketed for its supposed convenience. In reality, it's little more than a colossal rip-off.

In short, you're paying more than you should. To sustain this claim, I point to the 2011-2011 Hopkins meal plan brochure — specifically, the upperclassman meal plan offering 1,650 Dining Dollars per semester. For that same span of time, this plan costs USD \$2,079. Thus, the exchange rate between the two currencies is 0.79 Dining Dollars for each real world dollar. Or, if you're feeling thirsty, \$3.79 for an energy drink marketed at just under 3 Dining Dollars.

The economic benefits of a substandard quality of living are myriad. However, I implore Hopkins dining services to reassess its priorities. I blame the issues delineated above on the inefficiencies of Aramark, the dining services franchisor that provides our university with the food we find ourselves eating, somehow. Student feedback — what's that? — would reveal an overwhelming level of discontent with the present dining situation. If Hopkins is to re-evaluate its food offerings, input from the student body must factor in, somehow. In the meantime, though, I'll stick to Chipotle.

Nash Jenkins is a freshman Political Science and Writing Seminars double major from Wilmington, N.C.

My big fat Greek debt bubble: Notes on a crisis

By GEORGE PETROCHEILOS

Is there a future for the Greek people, the Greek government and the Greek nation? There is no time for either daydreaming or guessing, nor for nightmarish scenarios, nor for wishful thinking. The present ailing system need be dismantled and restructured on new foundations.

The primary budget surplus that many Greeks are hoping for will prove impossible to achieve if the hugely inflated Greek debt bubble is not completely removed from the Greek society. Behavior does not change by handing out orders or an attitude of slandering. The only thing that will help change the way of thinking and the everyday mentality is a slow but effective realization that development has lacked balance and stood precariously on a bubble.

The Greek bubble includes, surrounds and defines every 'modern-era' Greek citizen. It intensifies social injustice and the resulting social inequality.

This bubble has skyrocketed consumerism but with no productive results. Success and prosperity increased mainly as a result of corruption, illegal transactions, the generous granting of privileges to certain workers and unions, tax evasion and the embezzlement of state and social security funds. Hard and fraudulent acts brought wealth to many Greeks, regardless of industry.

It is undisputable that those bubbles are a political issue, and thus needs to be resolved by politicians. Action should be taken and decisions should be made. However, that is not an easy task.

For many years inequality has existed in Greece. Political leaders have been benefitting

wealthy, powerful and well-connected citizens to the cost of indigent citizens, unemployed citizens and pensioners. This has to change and if it does not, the debt will never resolve.

Greek politicians fail to acknowledge the issues at hand. In a press conference three days ago, Evangelos Venizelos, the country's Minister of Finance, claimed that the "sacrifices [of] the Greek people have paid off."

"These harsh measures are the country's ticket towards alleviation of the national debt," he continued.

I cannot help but dissent. These sacrifices, have not paid off yet and we still do not know if Greece will be alleviated of its huge debt. Such ear-caressing, political statements are cliché, outdated and Greek citizens are fed up with them. We are trying to get rid of this bubble. Such statements may have been effective in the past, in mild situations, but now the country is on fire! Today's reality demands political acts, self-criticism, clear messages that will support and unify the nation. Greek politicians should finally consider acting like how they are supposed to act: like leaders.

No one can say for sure to what extent the crisis will affect us or how long it will continue to harass the Greek population. Greeks have lived for the past 20 years in a state of albeit fictitious security; now, they are asked to jump into a state of controlled bankruptcy.

The whole nation has had to radically change its rhythm of life, mentality and everyday habits and continue living in a new society, where everything will be completely different. Greeks need visible and radical political action to be taken that will bring more

just changes to the lives of every citizen.

"Absolute poverty is not the problem in our societies. In the developed world we are not in need of more wealth but of more justice," British epidemiologist Richard Wilkinson said, who studied the relation between inequality and social problems in more than twenty countries — including Greece.

In an interview with a Greek newspaper, Wilkinson supported that "equality must come about as a result of free choice."

"The citizens must understand that the more social equality exists in a society, the better life quality will exist in all levels of that society," he said. "It is a matter of societal education."

So what would the benefits be? Many: better physical and mental health, longer life expectancy, better education, lower crime and drug-use rate, more social trust and greater involvement in community acts.

Recession may aggravate inequality but it may also take the edge off it. Let's look at the previous economic crisis, in the 1930s: The British Government passed laws that dropped the price of goods at a faster rate than that of salaries. Therefore, inequality was very much limited, as people could buy more, with less money!

Although it is risky to compare the recession of the 1930s with that of the modern day, we can reach one conclusion: some Greek citizens are paying the price and some others are refusing to pay the cost of the crisis. The crisis that they brought to the Greek nation. That is the bubble.

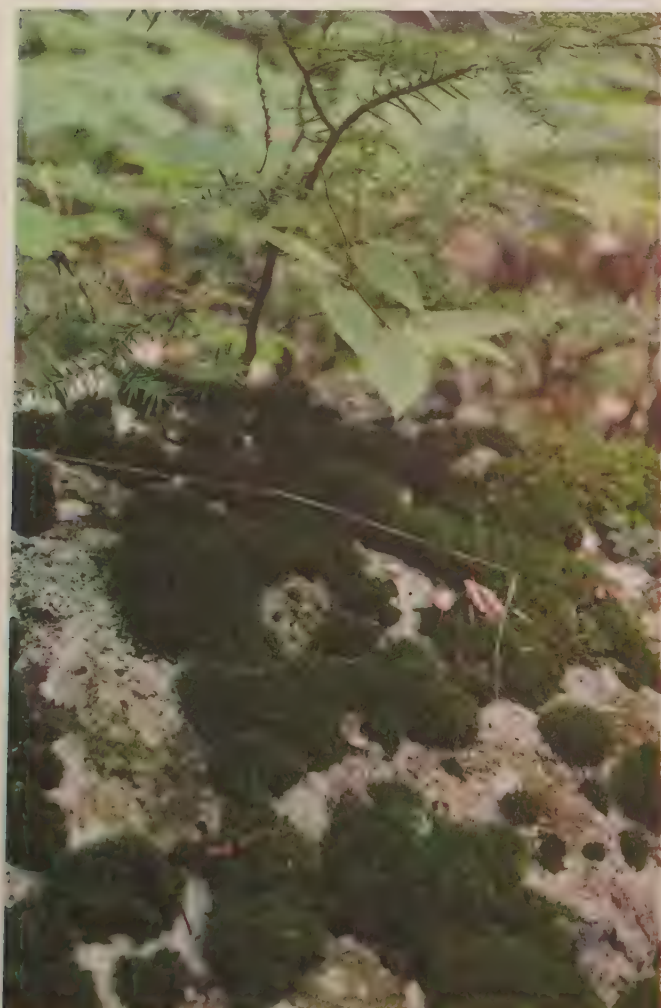
George Petrocheilos is a junior Economics major from Athens, Greece.

PHOTO ESSAY



A WALK THROUGH NATURE

BY NATHALIA GIBBS

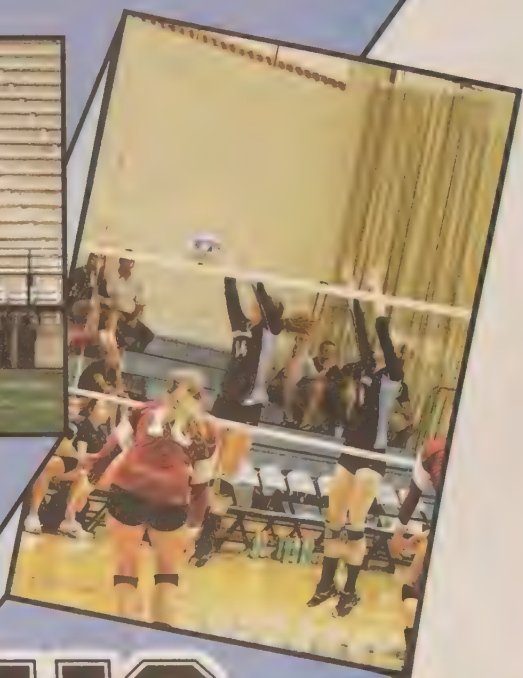


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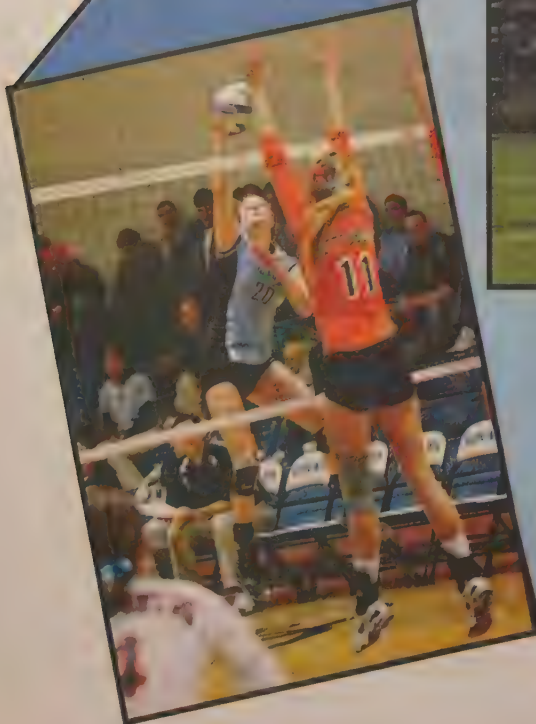
News-Letter

Your Weekend • Arts & Entertainment • Cartoons, Etc. • Science & Technology • Sports

NOVEMBER 3, 2011



BLUE JAYS SWOOP INTO PLAYOFFS



SEE
SPORTS
B12



YOUR WEEKEND Nov 3-6

Various live theater shows playing over the weekend

By FLORENCE LAU
Your Weekend Editor

If you're a theatre buff and you want more live acting in your life, beyond what the multiple student acting groups offer on campus once every couple of months, Baltimore is a good place to be.

At any point in time, there are always both large-scale shows and smaller pieces being performed in various venues across the city.

You're A Good Man, Charlie Brown, a musical about the boy in the yellow and black shirt and his dog Snoopy, is playing at the Catonsville Dinner Theatre through this weekend at 7 p.m.

Not into musicals? Check out *American Buffalo* by David Mamet at Centerstage — The Head Theatre.

Mamet's understanding of the psychology of capitalism is featured through-

out this story, which centers around a trio of characters who plot to steal a rare coin from a pawn shop, but they are thwarted by their own selfishness.

This show runs from Nov. 2 through Dec. 11 at 2, 7 or 8 p.m. depending on the day. Check the website for details on a specific day and for purchasing tickets.

If longer theatre pieces aren't your thing, check out The Baltimore Improv Group. They run shows every few weekends and bring their audiences to tears through their hilarious skits and spoofs.

They are running a double special this Friday and Saturday at 8 p.m. in the Strand Theater.

Although it may not seem like it at times, theatre thrives in Baltimore. Catch a cab or use the Charm Circulator to see a show and experience the magic of live theatre.

Taking a mental health day in Baltimore

How to get out of Homewood, where to go and the benefits of taking some time for yourself in the city

Sometimes I like to disappear.

Call this what you like — a mental health day, a date with myself — but we all know that sometimes, it is just necessary to take a day for yourself.

Staying on the Homewood campus can make this task difficult. If you sit in Gilman, you run the risk of a friend stopping to chat between class, and let's not even talk about what happens when you go to the Hopkins social hub, a.k.a. the library.

Here are a few places to escape the stress of your scholarly life and chill out. (Fine, you can bring your homework too, you Hopkins student).

Towson Town Center

Yeah, this sounds real original, right?

But take a mall trip alone. You can do the solo-shopping thing (it's a lot more fun to try on the same thing four times without your friends rushing you) or go another route.

Bring your class reading, or dare I suggest pleasure reading, and take a seat at the in-mall Starbucks or the one at the Barnes & Noble. I prefer sitting at Nordstrom Café.

Located on the top level of Nordstrom, the Café offers soups and salads among other tasty lunch treats.

Also, you get free chocolates with your bill. Even better.

Campus (of a school that isn't yours)

Take the Collegetown shuttle to MICA or Loyola



COURTESY OF WHATWILLTHEYLEARN.COM

Take a trip to Towson Mall and spend some time shopping or studying.

or Towson and get off.

Walk in the direction of the general masses.

Find the dining hall, the library or the student

union (you know, those things that other universities normally have).

Don't wear your JHU sweatshirt. Eat lunch or do your work.

It can be nice to be at a place where no one knows you.

Towson Place

Similar to the mall suggestion, hop on the Collegetown and go run some errands by yourself.

Stock up on paper towels at Target, bargain shop at Walmart and TJ Max or have coffee at Panera.

Inner Harbor

Take yourself on a cultural date.

Go to the Maryland Science Center or the Aquarium. Explore your artsy side at the American Visionary Art Museum and then climb up Federal Hill and look out on the Inner Harbor — it's hard not to admit to the beauty of Baltimore from that viewpoint.

Treat yourself to ice cream and boutique shopping at Harbor East.

Or, if you want to dedicate yourself to more substantive food samplings, visit *Little Italy*. I would wind down any day with coffee and a cannoli at Vaccaro's.

Ellicott City

If you have a car, drive

down to Ellicott City for the day.

Think of a more developed, less hipster-esque Hampden.

You can spend the day walking from shop to shop, or you could get a little exercise and walk the Trolley Trail that drops you in residential Catonsville.

Meditation Centers

If you need a little more guidance in your relaxation, head to a meditation center.

Many of them have open sitting, guided meditation and Buddhist-centric exercises. The Baltimore Shambhala Meditation Center is located around the corner of the Marylander Apartment Building.

Centennial Park

Again, another car-required visit. At Centennial, you can walk the 2.4 mile loop around the lake or have a picnic in more seasonally appropriate weather. If you like to fish, you can do that too. The 324-acre park is scenic enough that you'll forget about the sirens and loud-mouthed partiers that keep you up late at night in the city.

So, in writing this, I have recognized a common theme in my chill-out days: work and food. But that's just me.

The important thing is to go somewhere by yourself and get away from whatever is worrying you back at school. You can even get a little crazy and turn off your phone for an hour.

Sometimes it's just nice to disconnect from everything for a while.



COURTESY OF IUTAHTV

You're A Good Man, Charlie Brown will be playing at 7 p.m. this weekend.

Calendar of JHU Events

Thurs. Nov. 3



Play Date with Pi
Beta Phi
4 — 6 p.m.
AMR | MPR

Pi Beta Phi will be taking you back to the good old days of juice boxes and coloring.

VIVAZ 2nd Annual Dance Showcase
7 — 9 p.m.
Arellano Theatre

The VIVAZ dance team will be putting on their 2nd performance of the semester. There will be guest performances by S.L.A.M., Temps d'Afrique and

Jhanak. Catered Caribbean food will be served and admission is free.

OMA Game Night
7 — 10 p.m.
Nolan's

Take a study break with Nolan's and enjoy free games and pizza. Various video games will be available, including the new Dance Central 2, as well as several gift cards giveaways and a raffle.

Fri. Nov. 4



Frisbees and Fidos
2 — 5 p.m.
The Beach

Support the local animal shelter by playing with puppies and having some free food. There will be frisbees, t-shirts for

sale as well as dogs for adoption.

Sat. Nov. 5

JHU Football v.s. F&M
12 — 3 p.m.
Homewood Field

Come see the last home game of the season and join the Blue Jays as they play against Franklin and Marshall.

Baltimore Through Paint
2 — 5 p.m.
Outside MSE

The CSC will be sponsoring a free bus tour exploring Baltimore's murals. Be sure to register online.

Sweetness in Starlight
7 — 11 p.m.
Glass Pavilion

The Inter-Asian Council is hosting their annual fall formal. There will be performances by different student groups as well as Chinese food. Tickets are \$10.

Calendar of B'more Events

Fri. Nov. 4

Eureka! Jewelry Fair at the Walters
10 a.m. — 5 p.m.
The Walters Art Museum

This 8th annual jewelry event showcases 20 of the top American jewelers. Pieces range from traditional to contemporary. There will be lectures, workshops and more. Admission is \$15.



HEAVEN-NAOUSSA.COM

Greek Heritage Festival
11 a.m. — 11 p.m.
Annunciation Cathedral

This three-day fes-

tival of Greek culture will feature traditional food, music, dancing and crafts. Proceeds from this event will go towards furthering cultural and community programming at the church.

First Friday at HeARTwares
6 — 8 p.m.
3512 Keswick Road

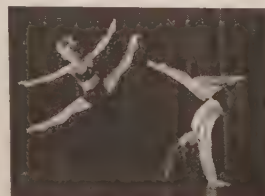
Shop for unique pieces of art at HeARTwares. There will be a live performance by a local musician, Michael Huckleberry.

Sat. Nov. 5

Bravo Lyric Opera Cabaret Series
7:30 — 9 p.m.
Germano's Trattoria

James Harp will be directing a cabaret series presented by The Lyric Opera House and performed by the finest opera performers in the area. Guest performer Jennifer Edwards

will be performing in "Ode to the Divas."



FULLCIRCLEDANCE.HTML

BARE
7 — 9 p.m.
Baltimore Museum of Art

The Full Circle Dance Company is presenting works by seven choreographers, each showing a different perspective on anxiety, stereotypes and secrets relating to body image.

Sun. Nov. 6

What Would Blossom Do?
7 — 9 p.m.
Germano's Trattoria

Christina Crerar will be singing the songbook of Blossom Dearie in "What Would Blossom Do?" accompanied by piano and guitar.

ARTS & ENTERTAINMENT

This Single of the Week, "Hold My Breath," comes from Holy Ghost!, an electro pop duo hailing from New York.

Throughout their rise, Nick Millhiser and Alex Frankel have managed to combine their disco pop influences with modern, relatable beats by adding plenty of synth to old school disco sounds.

Holy Ghost! is along the same musical lines as LCD Soundsystem and Cut Copy. And in addition to making their own music, Millhiser and Frankel are well known for their remixes of bands like Phoenix and Moby, plus remixes of their own songs.

"Hold My Breath" is a single off of Holy Ghost!'s self-titled album *Holy Ghost!*.

MGMT's "Kids" first comes to mind when listening to the beginning beat of "Hold My Breath" as it is nearly the same.

But fear not, "Hold My Breath" soon proves itself as dynamic in its own right.

Its perky beat and clear,

synthed up vocals makes this single perfect as a party/dance song.

I can see hipsters across the world lining up to dance to the crisp, clean electric guitar sound.

The verses in the first half of the song are relatively slow and controlled compared to the chorus, which is repeated several times at the end of "Hold My Breath."

It is then sped up, with an even catchier beat and almost rap-like, rapid fire vocals.

Holy Ghost! has already come out with three remixes of "Hold My

Breath."

The "Hold My Breath (Tiger & Woods Remix)" is decidedly more rock 'n' roll at a whopping 9:10 minutes.

The "Cosmic Kids Remix" is more synthesized and danceable, whereas the "Falty DL Remix" is quieter. These remixes prove that Holy Ghost! is more than just disco pop, and we can expect much more from the duo in the future.

— Rachel Schnalzer

Hot Singles on the Internet: Holy Ghost!'s "Hold My Breath"



COURTESY OF WWW.AMAZON.COM

Musical duo Holy Ghost! releases their single "Hold My Breath."

Scrubs fans rejoice at a cappella concert

By RACHEL WITKIN
Managing Editor

Nolan's was packed with *Scrubs* fans when The Blanks, the a cappella group from the hit TV show, performed for Hopkins students last Thursday.

The group — comprised of baritone Sam Lloyd, who played Ted Buckland on *Scrubs*, tenor Philip McNiven, baritone George Miserlis and bass Paul F. Perry — is most known for its performances on *Scrubs* as Ted's Band, or The Worthless Peons. The event was hosted by the Nolan's Student Lounge.

They started off the show with one of their classics, "Underdog," which most *Scrubs* fans should have recognized as one of the catchy TV theme songs performed in early seasons of the show.

While these men all have fantastic voices, their creative choreography and dynamic facial expressions made it apparent from the start that this was going to be an entertaining performance.

Their dance moves were very simple, yet hilarious, which is one of the best ways for a cappella singers to retain their pitch and still catch the attention of the audience through their motions.

After The Blanks performed their first song, they did their first comedy sketch, which provided the theme for the entire show.

They informed the audience that an agent was sitting in the front row, and they needed to impress her in order to get her to sign the contract that she had written up on toilet paper. Yes, toilet paper.

To get their contract signed, their show had to have certain components. These included having a guest performer; a celebrity somewhere in the au-



CAROLYN HAN/PHOTOGRAPHY EDITOR

The Blanks, famous for their participation in hit television show *Scrubs*, rocked Nolan's at Charles Commons.

dience, drama that led to a high stakes situation and good transitions.

Their geeky charm shone during this sketch, as they lamented that they had never performed a live show before (a lie) and that they didn't know if they could handle all of the conditions. They regained their "confidence" in themselves, however, once they agreed that a cappella is cool because "chicks dig a cappella."

Yes, a cappella is super cool, which is a good concept for everyone to understand. But even more importantly, it was hilarious hearing these middle-aged men talk about their insecurities.

The Blanks continued with their line-up of TV theme songs, including "Speedracer," "Charles in Charge," "Six Million Dollar Man" and "Facts of Life."

Their boy-band-esque

harmonies really fit the cheesy tone of the songs.

While Lloyd, who is the most famous member of the group, has a great solo voice, he did not stand out as much as the others. McNiven easily has the best range, as he harmonized every song at a beautifully high pitch. These high notes defined each song, augmenting The Blanks's goofiness.

The other two members had their own shining musical moments, but their attitudes were far more important.

Miserlis, the only member with a proud head of hair, was by far the most attractive, and he owned it.

At one point, he even included pelvic thrusts as a part of his choreography.

Perry stood out because of his adorable awkwardness and his ability to sing resounding bass notes to a nonsensical song while looking dead serious. He contributed most to the comedy of the show,

which ranged from telling the audience how nervous he was because he didn't know how to implement good transitions to being the scapegoat for the group's problems.

The show then took a slightly ridiculous turn, as Lloyd spent a few minutes talking to a mechanical pumpkin and trying to get it to suggest a Halloween song.

While audience members who had not heard their songs before might have been momentarily confused at this sketch, it soon became very clear exactly how talented these men were.

They incorporated the mechanical pumpkin's sadistic chant into their "Happy Halloween," playing it at exactly the right times and on exactly the correct pitch.

This took a lot of thought and coordination, as the men had to figure out what key a talking pumpkin spoke "Happy,"

SEE BLANKS, PAGE B4

Student curator gets to see the fruits of her labor

In an effort to explore the indigenous arts scene on campus, *The News-Letter* has decided to profile the previously unexamined student artists who have successfully showcased their works in the D.C.-metro area.

"Portrait of an Artist" will spotlight students who have contributed to the Hopkins arts scene. The piece will be written by the student him-or-herself in order to preserve the artistic integrity of the work as well as to highlight the artistic process.

Sofia Iatarola is a junior Art History major in the Krieger School of Arts & Sciences who, as part of a class taught here at Hopkins, had the chance to put together an exhibit last spring called *Print by Print: Series from Dürer to Lichtenstein*. The exhibit is on display now at The Baltimore Museum of Art.

Print by Print: Series from Dürer to Lichtenstein, the Baltimore Museum of Art's new exhibition uniquely features what most art museum exhibitions do not — objects exclusively from their own collection, as well as help from eleven

curators, ten of them students from Hopkins and MICA.

I, along with seven other classmates from Homewood, Ali Good, Christie Young-Smith, JuWon Park, Michele Ly, Hayley Plack, Cassandra McClure, Meaghan Lavin and two students from MICA, Jennifer Tam and Nicholas Simko, enrolled in the Spring 2011 course, *Printing Museums: Exhibiting Prints at the BMA*. Throughout the course,

my fellow classmates and I would report once a week to the staff entrance of the BMA.

Every week our teacher Rena Hoisington, Associate Curator and Department Head of Prints, Drawings and Photographs, would escort us through the galleries, a couple of doors that required swipe cards and the BMA library into the study room, whose annex housed more than 65,000 prints.

After taking Intro to European Art History my freshman year, I became familiar with all of two, maybe even three, prints. During our first lesson, Professor Hoisington showed us the highlights of their collection, which included the only prints I've learned about — Albrecht Dürer's "Apocalypse" and Giovanni Piranesi's "Imagi-

nary Prisons."

Immediately impressive in that two of the world's most famous prints were feet before my eyes, the most unique part of this class and the exhibition is the simple fact that the BMA had the complete series, as these prints, previously isolated

whether in art history lectures or other exhibitions, were meant to be viewed.

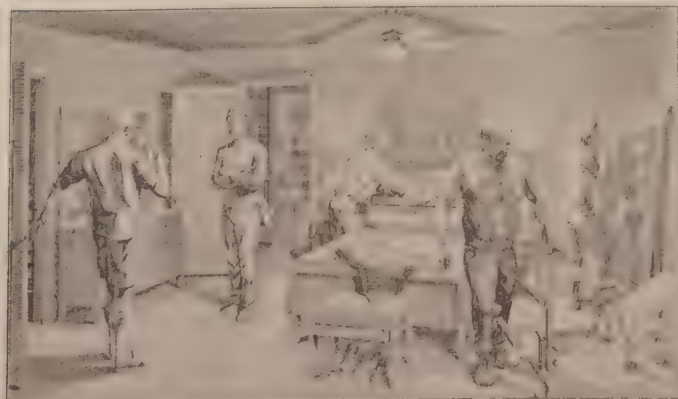
Each week our class would convene and present a short talk and mock museum label for an assigned series, going century by century. Additionally, we would visit the study room outside of class for "one-on-one" time with our series. These visits, the true meat of the class, meant being able to examine the series beyond using magnifying glasses to spot all of the details in elaborate series like Robert van Audenarde's "The Triumph of Caesar."

During these visits, we talked indispensably with our professor and the rest of the department, gaining insight with these series that

SEE PORTRAIT, PAGE B5



COURTESY OF SOFIA IATAROLA
Iatarola studies art history.



COURTESY OF THE BALTIMORE MUSEUM OF ART

Raftery's "Scene Five" is from his 2008 portfolio *Open House: Five Engraved Scenes*.

My Little Pony: now 20 percent more awesome

By ALEX MUI
Cartoons Editor

First, forget all your previous notions about *My Little Pony*. This is not your mother's show. The phrase "never judge a book by its cover" has never been truer for *Friendship is Magic*.

The show was created Lauren Faust, the wife of the *Powerpuff Girls* and *Foster's Home for Imaginary Friends* creator and animator. She was denied by countless studios when pitching her *Galaxy Girls* show for the same reason: girls don't watch cartoons.

When pitching to Hasbro, she was told they wanted her to reboot their *My Little Pony* series, under the title *Magic is Friendship*. Faust signed on but said she hated the idea that a show "for girls" would be associated with everything "cute, pink and lame" and would not make a show aimed towards a single age group or gender.

Faust organized a team of veteran animators and started from scratch. This was the perfect recipe; not only was the animation team made up of pioneers in the industry, but there were also talented voice actresses voicing the characters. And yet the show

was criticized before its air date. The harshest critique came from Amid Amidi of *Cartoon Brew*, who claimed the era of creator-driven television was over and said the show was "a white flag-waving moment for the TV animation industry."

However, *Magic is Friendship* shone through as an exceptional author's work. It would be more accurate to say that this is an original work that just has the unfortunate association with the original Hasbro line.

If it had human characters rather than pastel-colored ponies it would be recognized by many more people. And while it's no *Citizen Kane* or *Clannad* it does clearly stand out as one of the better works in today's media. After Amidi's article was published in 2010, many rushed to defend the show, drawing the attention of other critics, animators and the public who were inspired to watch. It was met with glowing reviews.

Among the most avid viewers are the fans known as the bronies (combination of bro and pony). Many are teens and college students who grew up in the 90's cartoon renaissance, the invasion of Japanese an-

SEE PONY, PAGE B4

ARTS & ENTERTAINMENT

Megadeth, Metallica, Mastodon fight it out



COURTESY OF WWW.AMAZON.COM

The good, the bad and the unbelievably ugly in this year's metal, as told by columnist Buddy Sola.

Halloween has always been a very metal holiday. Demons and ghosts and blood and horror? Brutal. But when Metallica and Megadeth released albums on Oct. 31, this Halloween was set to be a doozy. Too bad it sucked.

First off, Metallica's collaboration album (with Lou Reed) was terrible. Like, rip my skin off terrible. Like flay my eyeball terrible. Like stab me in the knee, then rip my whole leg off terrible.

I listened through the album once and only once. If I never have to hear any song or reference to it again, I'll still die a little sadder than I would have before *Lulu*. I'm never going to reclaim that happiness. People are going to ask me what the happiest day in my life was, and I'm going to say the day before I listened to *Lulu*. That's how bad it was. Why was it so bad? Well, that's actually pretty simple. Metallica is really good metal. Lou Reed is kinda sorta famous for being kinda sorta good fifty years ago. He's the front man to The Velvet Underground, which I didn't actually know until I Googled it. I've listened to some of his stuff since then

and give him a very lukewarm thumb up.

Anyway, you know how sometimes something is more than the sum of its parts? This album is less than the sum of its parts. Spectacular. Lou Reed on his own? Not my taste, but probably someone's. Together? One of the worst transgressions against music ever. And I know I favor Metallica in this, but I'm just going to say it. I think it's Lou's fault. See, in the land of folk rock, what he wants to do works. He wants to play a few chords, say some mildly profound crap and move onto the next song.

In the land of metal, you wanna blend the guitar and the vocals into the melody, you want to create significant movements through the music, you want to empower the bass and drums to drive your song. And those worlds don't mix. See, it'd be okay if Lou Reed wanted to write some lyrics and sing some metal, hell, it'd be okay if he wanted to do that half the time and whine about 8th grader

crap the other half.

At least that would be mildly respectful to his partners. Instead, he seemed to dominate the whole album. I can picture it: Rob Trujillo lays down a monolithic bass line, Kirk Hammett plays with the key on guitar and then Lou shows up and says,

"Hey, guys, let's bring it down. Chill out. Cool off."

And then he bleats like a sheep for the whole album. I'm just gonna lay it on the line. Don't buy this album. Don't even tell anyone how funny my review of this album was, because just talking about it will infect them with the terribleness of it all. Don't do it. Save yourself.

Go buy Mastodon's latest album. I already wrote a review of it, but I just wanna plug it again because this is good metal. I'd heard Mastodon before *The Hunter*, but this made me want to have their children. As a dude, have their children as a dude. If you want to hear why you should buy it, go on YouTube and listen to the songs. Even if you think all metal is bad because you heard one bad screamo band (by the way, screamo isn't metal #futurecolumn-topic) go listen to Mastodon. It'll change your mind. You know what else might

change your mind? Megadeth. I know their name is idiotic, but their music is surprisingly good. They just released their thirteenth album, *THIRTEEN*, and it really changed my opinion of them. They're famous as the not-as-good-as Metallica band, but here, they triumph. Megadeth doesn't make Metallica's mistake. They stick to what they're good at. Dave Mustaine, the frontman, is known for two things: socially conscious lyrics and strong guitar work. This album delivers heavily on both. Some songs are anthems criticizing government, economics, political stances, addressing topics like the drug war in Mexico, or the failure of prisons and the death sentence. Others are just badass riffs shredded in the style of "Hanger 18" or "Tornado of Souls" from their classic days.

And it's not as though Megadeth hasn't innovated. This is one of their first albums that sounds like one complete work, rather than a collection of cool sounding riffs. The best example of this is the transition between "Fast Lane" and "Black Swan." They end one song with a solo, then begin the next with the same solo's chord progression, but flipped and modulated. When I first heard it, the transition sounded like part of the same song. And then I started hearing it everywhere.

Themes in "Public Enemy No. 1" were repeated in "Deadly Nightshade." Lyrics in "We the People" are mirrored in "Millennium of the Blind." Together, the album as a whole is a complete work, not a collection of singles. And while there are definitely songs that are more than single worthy ("Thirteen," the final track, is certainly most worthy of this title) the album doesn't fragment itself. Rather, it builds something larger, grander and greater.

If Metallica had learned to do the same, maybe *Lulu* could have been their best album yet. Still, it's always good to see a good band rise, so maybe this Halloween wasn't wasted after all. And, I suppose, if *Lulu* still gets me down, I can always go headbang to *Master of Puppets*.

If Kanye West wants to wear a leather gladiator tunic with matching leather leggings that's okay. If Jay-Z needs to rep New York, Baltimore doesn't mind. The *Watch the Throne* Tour is basically a free pass for two beloved artists to do whatever they want. It's pretty great.

Three shows into the 26 stop tour, Jay and Kanye brought huge energy to 1st Mariner Arena on Tuesday night. They opened with "H.A.M." standing on two facing platforms. One was at the front of the stage and the other was in middle of the audience. As they rapped, both platforms ascended bringing each performer into a space between nose-bleed and the floor.

The setup implied a duel, but the concert was never competitive. Jay and Kanye each had solo time to perform their hits, but they interspersed tracks from *Watch the Throne* so they could perform together throughout the 37-song set.

Jay-Z remained (relatively) understated and calm throughout the show. He embodied the older mentor figure and was generous both with Kanye and in terms of audience interaction. He frequently pointed to specific people, acknowledging them and calling them out. All of the show's best moments included Jay-Z's broad and genuine grin.

Kanye had a different type of poise. He strutted and danced, underwent numerous costume changes (while still maintaining the leather bottoms) and largely ignored the audience at the beginning of the show.

After "Runaway" he soliloquized extensively about

Last Week Live 'Watch the Throne' Tour: Jay-Z and Kanye West

the importance of holding on to loved ones. After this self-indulgence, though, he was much more friendly. During the duo's three repetitions of "N---- in Paris" at the end of the show, Kanye was smiling openly.

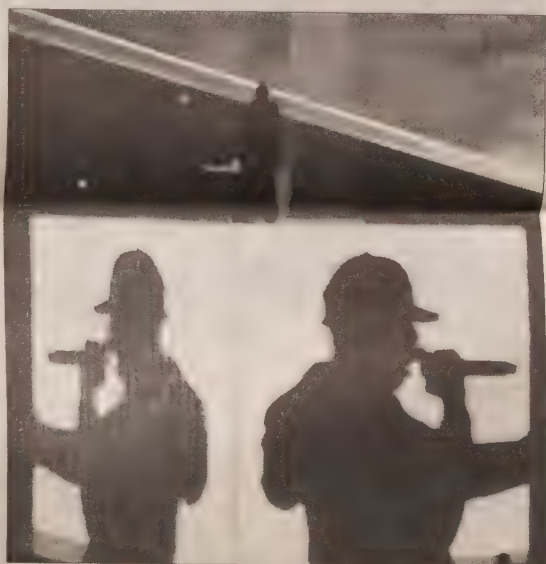
The concert had fire balls, sweet lasers and videos of snarling Rottweilers, but it also had a politically charged video montage set to Louis Armstrong's "Wonderful World." Most importantly, Kanye and Jay's genuine affection and mutual admiration came through any staged camaraderie. Their self-possession and command was truly enviable.

The audience roared through the whole concert and the rappers supported one another when they were both on stage by singing each other's lyrics and leading key lines.

"Baltimore blew every city off the map thus far," Jay said toward the end of the show.

Basically Tuesday night was mad real.

— Lily Newman



WILL SHEPHERDSON/PHOTOGRAPHY STAFF
Jay-Z (above) and Kanye West performed certain songs on moving cubes.

The Blanks get blank-et approval at Nolan's

BLANKS, FROM B3

happy, happy Halloween!" in. This is one of the props that The Blanks are the most famous for, as they also used a talking toy while performing "Commandos (Attack)." They decided to sing "Superman," the theme song from *Scrubs* next. Lloyd decided that he was sick of the song, yelled at Perry and left the stage, reappearing in the audience as an Italian ice cream man who looks a lot like Lloyd and can sing like Lloyd too.

The band decided this was a dramatic moment where the stakes couldn't be higher (two items on their checklist). They sang with the "ice cream man" acting as Lloyd. This sketch was repeated again later in the show, when someone else yelled at Perry, left the stage and reappeared as an Italian ice cream man, giving The Blanks plenty of high stakes drama. It was funny the first two times, but the third time they did it, it seemed like a waste of time.

They then told the crowd that their friend Zach Braff from *Scrubs* was in the audience, pretending that he was in the back for two seconds. Most of the audience members actually turned around to look for him. The Blanks counted this as their celebrity in the audience.

After singing "The Riff Song" and shamelessly

promoting their *Riding the Wave* album, the group performed "Somewhere Over the Rainbow." This was one of their best performances, along with their rendition of "Hey Ya." While these songs were melodically stripped down, which showcased their voices, it was not true a cappella, as Lloyd played the ukulele and Miserlis brought out a zylophone.

A cappella music is unique because singers do not only sing words, but aim to accurately imitate instruments. That aspect of a cappella singing is somewhat taken away when real instruments are involved as well. However, their cover of "Hey Ya" sounded great with only their four voices and few instruments. By this point, after singing unique Christmas carols and their rendition of oldies, the men were pretty sweaty. They still got the "agent" to sign their toilet paper contract though. The show came to a conclusion with several pop songs, where Miserlis was a scarily accurate version of Katy Perry.

Overall, The Blanks' live performance was a highly entertaining and musically impressive show. While the comedy and talking toys may have gotten repetitive at a point, they made the show unique and showcased both great singing and funny choreography.

My Little Pony proves that friendship is magical

PONY, FROM B3

ime, and the advent of YouTube. *My Little Pony* can be compared to other cult animated hits like *Invader Zim*, *Spongebob*, *Phineas and Ferb*, *Adventure Time*, and *Lucky Star*, wherein the combination of nostalgia for childhood cartoons, use of Japanese anime style visuals, children and adult humor, and the unique character driven plots makes the show a hit with the hipster crowd.

This is one of the few shows with a female cast that do not adhere to stereotypes or use them as a crutch. Fans have embraced it for having well rounded protagonists that encompass non-traditional role models, showing children there is more than one way to be a person.



COURTESY OF WWW.EQUESTRIADAILY.COM

The ponies prepare for battle to preserve their friendship with each other.

The main story starts off with the antisocial Twilight Sparkle, who spends her time wrapped up in studying. She ignores the life around her spending it in isolation, much like most Hopkins students on D-Level.

During the course of the first episode she is roped into social interactions with other ponies when sent to Ponyville. There she teams up with other ponies to defeat the villain Nightmare Moon. Afterward Twilight finally realizes how wonderful it is to be with the other ponies. Hearing this, her mentor informs Twilight she should continue her studies in Ponyville with her new friends.

The plot is driven more by character interactions and storylines that can apply to real life, unlike the cookie

cutter Disney-like stories. The ponies act like real people. The comedy comes from their different personalities playing off one another. The visual expressions and witty dialogue harken back to classical cartoons. Many of the ponies have clashing qualities and would not normally interact if it wasn't for their common friends.

At some point every member of the cast goes through a mental breakdown. They sometimes annoy each other and even get into physical fights, but realize they have a lot in common. The stories dealt with in a believable manner. The characters are never static and once you think you have a favorite, another does something completely different that wins your heart. And like most children's shows there are morals to be learned they are approached in an organic manner and not forced on the viewer.

The show even makes fun of its equestrian cast. In one scene, the male Spike enters a dressing room to the disappointment of a female pony before another points out that they don't normally wear clothing. Another scene has Twilight turning mice into horses to pull a carriage only to be met with an awkward expression from the other ponies.

The brony culture is also

an interesting aspect of the show. These fans pointed out a crossed eyed pony in the first episode they called Derpy, who Faust has kept around in honor of the fans. Another pony with an hourglass mark was affectionately dubbed Dr. Whooves, in honor of his resemblance to the Time Lord. Lines like "it needs to be about 20% cooler" have made their way into the internet lexicon. The fans are also responsible for money raised in a charity auction for the Japanese earthquake. Four original drawings by Faust made over \$15,000 (\$3100 extra when including a piece generously given by Faust to a fan who sold her possessions for the bidding).

But for every fan there will be a hater. Yet it appears almost every negative comment made about the show only applies to the older *My Little Pony* series, and not its present incarnation.

The reason most hate *Friendship is Magic* is because they haven't seen it. Despite this animosity, the bronies are respectful; embracing the show's message of love and tolerances.

My Little Pony: Friendship is Magic won the Best Cartoon of the Year in 2010 and is presently in its second season airing on the Hub Network. If you have not seen this show yet, watch it now. Welcome to the Herd.

ARTS & ENTERTAINMENT

NEW VIBRATIONS

ARTIST
Kitty, Daisy & Lewis
ALBUM
Smoking in Heaven
LABEL
Indie Europe/
Zoom
RELEASED
Oct. 18, 2011

There is probably no greater compliment from a Hopkins student than to say that a band makes good studying music. In the midst of midterms, sibling trio Kitty, Daisy & Lewis will keep you not just focused but downright cheerful. *Smoking in Heaven* is a pop throwback that still manages to sound fresh, tossing basically every type of genre and instrument into this collection of songs. As all three of the Durham siblings are multi-instrumentalists and have

been performing together since 2000, the ease and talent of the tunes here is no surprise. The album launches with "Tomorrow," a seamless blend of beachy Hawaiian and ska (featuring Jamaican trumpeter Edie "Tan Tan" Thorton). Daisy Durham's vocals are endlessly charming, like a '60s diva.

Though *Smoking in Heaven* is only the trio's sophomore effort, the material here is an ineffable combina-

tion of wise beyond its years and charmingly naïve. It's refreshing to see musicians playing straight from the heart — no frills, just the music itself coming alive for the listener. That each of the Durham siblings takes the lead on vocals at one point or another is easily the album's best feature. Lewis Durham's tracks — "Don't Make A Fool Out

Of Me" and "I'm Coming Home" — are particular standouts. While his sisters' voices are excellent in their own right, toeing the line between innocent and sultry, Lewis Durham gives his songs a rawer mood.

"Don't Make A Fool Out Of Me" sounds like it could be coming out of a jukebox decades ago, with Lewis Durham singing plaintively over shuffling drums and spouting lines like "Well, now you told me honey baby that you was happy now / But you went and found yourself another man anyhow." Meanwhile, "I'm Coming Home" veers away from the done-me-wrong sentiment, but it loses a bit of steam because of its quiet, guitar-strummed gentleness. Every song here has its own unique flavor. "I'm Going Back," with Daisy Durham on vocals, is a rockabilly

gem, all swinging guitars with double bass keeping the rhythm. It's pure vintage in feel, but the band's obvious passion is there and it makes this track a fun listen. Most of the material is as traditional sounding as the lo-fi equipment and '50s instruments that it was recorded with. The song structures are simple and bluesy, recalling everyone from Chuck Berry to Elvis at times.

Still, the one caveat to *Smoking* is that the songs can sound a little too similar at times. Also, there are times when Kitty, Daisy & Lewis veer towards being too authentic. It's somehow easier to imagine this power trio in a smoky club in 1950 than it is to imagine them opening for Coldplay (which they did on their last world tour).

Still, if you're looking for an album that recalls a truly bygone era, *Smoking in Heaven* is an interesting, enjoyable listen. These songs of love and loss are, of course, just as applicable in 2011 as they would be listened to on vinyl decades ago.

— Melanie Love

ARTIST
Coldplay
ALBUM
Mylo Xyloto
LABEL
EMI
RELEASED
Oct. 24, 2011

If *Mylo Xyloto* were an album released by almost any other band, it would be an undisputed triumph, a paramount to be lauded. It is, however, Coldplay's fifth studio album, and being entwined with the name of Coldplay brings about certain expectations.

The near-unpronounceable *Mylo Xyloto* is a very good album (there is no doubt about that) but it is not a great album, and that, unfortunately, is its greatest fault.

"It's from the point of view of two people who are a bit lost," Chris Martin told BBC last winter about the concept album. "Two like-minded outsiders who meet in a very difficult environment and therefore have a journey together."

Mylo Xyloto kicks off with its title track crafted in Coldplay's usual fashion — a short instrumental vignette, the first of three scattered throughout the album. A chaos of music, sounds pile upon sounds, but build tension as they segue seamlessly into the first full track of the album.

"Hurts like Heaven" sets off at a brisk pace, background electrics bubbling in a busy mix, but it all melds together as the chorus builds into an atmospheric, anthemic feel.

Likewise, "Paradise," the second single to be released from *Mylo Xyloto* and one of the album's strongest tracks is heralded by the loose strings that recall tracks from *Viva la Vida*, the song introduces the female lead of the concept album, a dreamer of paradise. Simple lyrics swim amid a sea of electric beats, sweeping strings, unwavering instrumentals and soulful voices, an emotional and layered concoction that balances on the edge of cluttered without going over.

Following the female's introductory track, "Charlie Brown" takes on the perspective of a male counterpart. It follows the thread of the other tracks, the third anthem in a row, with oriental flare that also ties back to *Viva la Vida*. But it's also heart-felt and less complex, a song that points back to the album's acoustic roots.

"Us Against the World" follows the three soaring anthems with its whispered lullabies, a wistful Martin trying to keep his near-bursting heart from pouring out of his rib cage. It's soft and beautiful in its

subtlety, and it speaks directly of the album's main themes, love and dystopia: "Through chaos as it swirls/ It's us against the world."

Following a second instrumental vignette, Coldplay's first single from the album and instant classic, "Every Teardrop is a Waterfall," picks up the rhythm again in its intensity and inspirational lyrics, a rally for rebellious youths.

"Major Minus" deviates from the thread of the album, delving into a sound a little darker, a little angrier and a little closer to true rock rather than the electronic anthem pop genre that Coldplay skirts around. The variation is appreciated, but on the whole this track is on the weak side, repetitive and uninteresting.

Coldplay then switches gears completely with "U.F.O.," an introspective, prayer-like ballad. It's on the short side, with simple, heart-felt lyrics and plain instrumentals, but there's something very real and sincere in this song. Reminiscent of Coldplay's roots like "Yellow" or "The Scientist," its nostalgia at its best for Coldplay fans.

But if "U.F.O." is a throwback to old school Coldplay, the pulsing beat, wishy-washy lyrics and electronic sound of the next track is a far cry from its origins.

"Princess of China" was perhaps a risk for Coldplay, a collaboration with Rihanna, but it did not pay off as the result is bland, grating and altogether top

40's material. This is hands down the weakest song on the album, a complete disaster and if Coldplay wants to keep its current fans, they should keep as far away from Rihanna as possible.

The quality, unfortunately, does not pick up with "Up in Flames." Another slower song, it somehow lacks the quiet beauty of Coldplay's usual touch. This can perhaps be attributed to the dull R&B beat chosen for the track, though it should be noted that the subtle background strings and Martin's lithe voice save it from crashing and burning.

After the third instrumental vignette, Coldplay rallies to finish the album strong with a hopeful "Don't Let It Break Your Heart," all crescendos and huge sound, and the emotional "Up with the Birds," a classic Coldplay piece and the inevitable happy ending.

Mylo Xyloto is a beautiful artifact, a strong set of interconnected songs, crashing beats and haunting lyrics, but in the end, even its strongest tracks could be confused with songs off of earlier albums. Definitely worth a listen, but a warning that is perhaps in opposition to the album's hopeful message: go in with lowered expectations.

— Jane Syl

ARTIST
Michael Bublé
ALBUM
Christmas
LABEL
Reprise
RELEASED
Oct. 21, 2011

There is no one in the music business right now who could produce a more classic, beautiful and joyous album than can the charming, timeless Michael Bublé. Bublé's newest album of Christmas songs, surprisingly entitled *Christmas*, was released on Oct. 21 by Reprise Records. Although it is a bit early to listen to Christmas music, it is worth every penny and every minute.

The joy that you will inevitably feel as you listen to his album stems from a nostalgia toward old-fashioned Christmases, the kind that bring to mind warm fireplaces, roasting chestnuts and cozy sleighrides in the snow.

This is the type of

Christmas where Jimmy Stewart realizes that despite his hardships, it is in fact a wonderful life. This is the type of Christmas where Judy Garland sings to her family in their parlor. This is the type of Christmas where entertainers-turned-soldiers put on shows for their comrades because they are stuck at a hotel in Vermont.

The only thing missing is the soulful, sultry voice of Bing Crosby. No worries, Michael Bublé easily fills his shoes with his soulful vibrato.

Bublé channels this era in his other albums, too, with covers of classics like "Save the Last Dance for Me," and "Sway."

Almost all of Christmas consists of covers of classic Christmas songs, with the exception of "Cold December Night," a track about wanting love for Christmas that sounds like it should be a classic; "So please just fall in love with me this Christmas." Gladly, Bublé, gladly.

The album's first track, "It's Beginning to Look a Lot Like Christmas," is smoother and slower than any other contemporary cover this reviewer has

heard. Bublé's soft vibrato pulls you in, and you are willing to accept the fact that yes, it is beginning to look a lot like Christmas.

Bublé's voice blends incredibly well with Shania Twain's on the album's only duet, "White Christmas." This version is jazzy with an appropriate number of doo wops.

Twain's brash country-pop voice harmonizes with Bublé's soft crooning that it is a wonder why they were never paired together before.

The cover of "Ave Maria" is sung in the original Latin. His operatic crooning is angelic, and the background choir vocals make the track only that much more majestic. Not only is it impressive that he sings in Latin, but his vocal chops are tested and they do not disappoint.

Michael Bublé branches out once more for "Mis Deseos/Feliz Navidad." Sounding like Juanes, he takes on the Spanish language like a pro. The

chorus is sung sweetly in English while the versus are sung in Spanish, and the track includes authentic percussion of a Spanish Christmas song.

Even the cover of the album is happy. On the front, he is standing on a snow-covered stoop

knocking at the door with a present in his hands. On the back, he is holding out the present to the lucky

girl with a smile on his face.

The last track is a six-second "Shout Out" where Michael Bublé wishes his listeners a very merry Christmas. This is the perfect way to end a perfect album that will undoubtedly bring so much joy to his fans.

Though Christmas is still a few months away, the joy of *Christmas* is sure to get you in the holiday spirit. After all, Michael Bublé guarantees it.

— Elizabeth Sherwood

Art history student works with BMA for exhibit

PORTRAIT, FROM B3 is otherwise hard to come by (a lesson learned after numerous failed Google searches).

Throughout the visits and presentations, we brainstormed how we could organize these prints thematically and began to prepare ourselves for the daunting task of picking the final series by making mental notes of our favorites (Milton's *Paradise Lost* series).

The course was also supplemented with meetings among the other departments and perhaps, most memorably, the artist and MICA teacher Trudi Ludwig Johnson, who demonstrated to us the various types of print making and for example, how hard it is to carve a copper plate with a mere metal point tool (collectively, I recall we engraved a line, maybe).

We also became familiar with the other side of being a museum curator — deriving budgets and coordinating with other departments like Education, Installation and Conservation.

A thematically organized exhibit, our Professor decided, was the best way to show the strengths of the collection independent of time period or artist. The exhibition,

We also became familiar with the other side of being a museum curator — deriving budgets and coordinating with other departments...

ranging from the 15th century to present-day includes the works of artists I have not only read about in my textbooks (Dürer, Duchamp, Picasso, Lissitzky) but also ones alive and working today such as Andrew Raftery, Daniel Heyman. During one of our final classes, we sat in the study room and listed each of the series and their according themes we wanted in the exhibit.

Literally, print by print, we decided of what the show would consist, with surprisingly little disagreement and a great deal of variety.

Even then, a number of

questions remained. For example, where would we hang each series? What color would the walls be? We met with other department heads to learn about

the factors that contribute to, for example, framing and mounting the collection (an aesthetic skill, I learned, best developed by museum staff and HGTV fans).

After finalizing the series, we outlined the program of events coinciding with the opening, including lectures and panels. Though the semester was coming to an end (a few students, Plack, Simko and Tam would stay on the project throughout the summer and develop the interactive components of the exhibition), and despite all of our meetings, it remained a challenge for me to envision the final

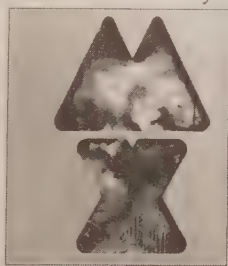
product—again, another skill best developed by curators.

After numerous updates throughout the summer, each of us received an invitation from the BMA for the opening of *Print by Print* with a full list of member events.

After previewing the exhibit with our professor, we had another opportunity to serve as student curators for the donor/member events and answer questions.

The most thrilling part of standing in the space was observing how everyone else moved through the gallery, examining each of the series from the ones that looked like paintings like Lépic's "Views from the Banks of the Escaut" to Duchamp's spinning "Twelve Rotoreliefs."

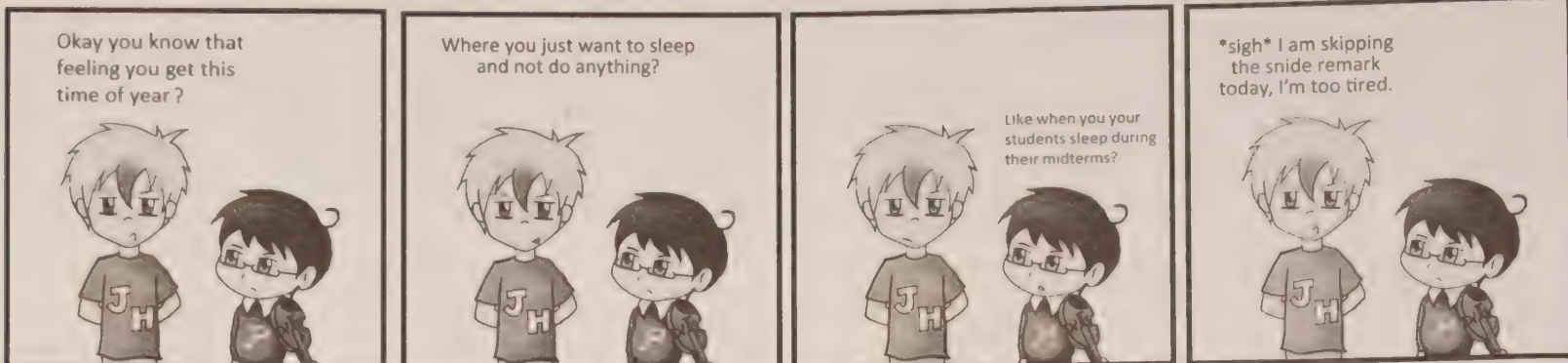
Only after moving through the space on my own did I realize, nearly inadvertently, the show consisted of a huge variety, representing all of the techniques, centuries we learned about and even our personal favorites.



CARTOONS, ETC.

Blue Jay Brigade

By Kevin Stoll Li



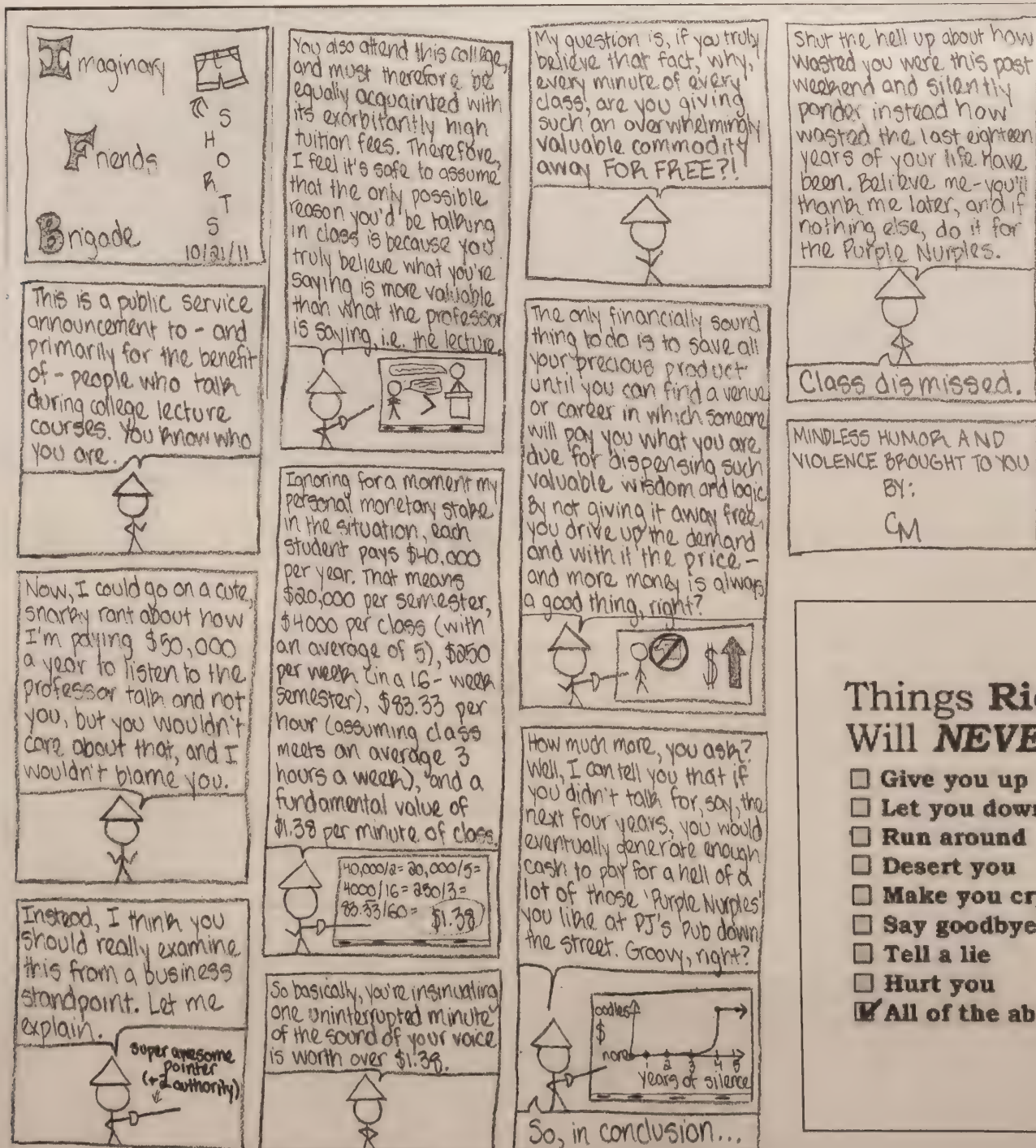
The Weather Dilemma

By Katie Mann



Imaginary Friends Brigade

By CM



CARTOONS ARE SO
AWSOME!
DRAW FOR US!



Things Rick Astley Will NEVER Do

- ☐ Give you up
- ☐ Let you down
- ☐ Run around
- ☐ Desert you
- ☐ Make you cry
- ☐ Say goodbye
- ☐ Tell a lie
- ☐ Hurt you
- ☒ All of the above



WANTED: Artists, graphic artists, humor and joke writers and cartoonists for the Graphics and Cartoons Section.
Can you draw comics, create digital art, write short stories, humor articles, jokes or puns or want your art published in *The News-Letter*?

Then we want you. For more information, contact: cartoons@jhunewsletter.com.

Also see these cartoons in full color at: jhucartoons.deviantart.com.

SCIENCE & TECHNOLOGY

Shorter legs helped Neanderthals hike

By MO-YU ZHOU
Staff Writer

It is well known that Neanderthals had legs that were lower and significantly shorter than those of the typical modern humans. However, most studies in the past concluded that this was due to the cold climate they lived in, as shorter legs reduce the surface area through which heat could escape. Yet new research at Hopkins recently revealed an alternative account: that their shorter lower legs might have been advantageous to Neanderthals, aiding them in moving over mountainous terrain.

This study, conducted by Ryan Higgins and Christopher B. Ruff of Hopkins's Center of Functional Anatomy and Evolution, was published in the online and print editions of the *American Journal of Physical Anthropology*.

Previous research using human subjects on flat treadmills showed that Neanderthals would have been less efficient than the average human in navigating flat land. However, past studies concerning Neanderthal navigation mostly

pertained to their movement on flat land. At the same time, other studies have shown that Neanderthals were less likely to use plains and more likely to use rock shelters or caves than modern humans.

Keeping these studies in mind, the researchers focused on Neanderthal movement over more rigorous terrain. "[We] became interested in the following question: did Neanderthals have a locomotor disadvantage in the (sloped and rugged) areas that surround most of their sites?" Higgins wrote in an email to *The News-Letter*.

To investigate this, Higgins and Ruff mathematically modeled human walking patterns for both flat and uphill walking. Their results showed that the average Neanderthal would need to take more steps to walk on flat terrain, but not on sloped terrain. In other words, the disadvantage that Neanderthals had on flat land did not apply to mountainous terrain.

This phenomenon exists because people with shorter lower legs do not need to move their

SEE NEANDERTHALS, PAGE B8

Economic downturn increases alcoholism

By ERICK SUN
Staff Writer

During rough economic periods, people often cut out nonessential aspects of their lives in an effort to save money. The principle is especially prevalent in the unemployed, who reserve their cash until the next job, but also in those with jobs who fear the possibility of unemployment. Statistics from across industries over periods of recession and depression show that businesses, such as gym memberships and cosmetic procedures, take a dip when the money starts running dry.

One would expect this effect to carry over to alcohol consumption during difficult economic times. However, a recent study led by Michael T. French, a health economist and director of the Health Economics Research Group at the University of Miami, asserts that even during steep economic downturn and reductions in income, people still increase risky drinking.

This study contradicts previous work which found that job loss results in a decrease of excessive drinking due to a lack of funding. The discrepancy in data was accounted for by controlling for factors such as alcohol abuse and dependence, which skew the data.

The study analyzed data from 34,120 people who were considered a representative sample of the American population. The data was collected from the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC) between 2001 to 2005.

The data revealed that all parties, regardless of gender, race and age, were subject to the same fate. Men, women, African Americans, Hispanic, Asian and Caucasian individuals from the ages of 25-59 all showed the same trend of increased



COURTESY OF WWW.CAREFLORIDA.COM

Unemployed individuals may be tight on money, but they do not skimp on their alcoholic beverages.

alcohol consumption with increased unemployment rates.

In an attempt to explain their findings, the group believes the tie between unemployment and excessive drinking is stress. Even for those with jobs, the fear of losing one's job leads to more drinking as unemployment levels rise.

Another explanation offered by noted Henry Wechsler, who has spent his life studying drinking habits and patterns, is that unemployment provides more opportunities to

drink because of less time spent working or focusing on a job.

No matter the explanations that can be offered for this behavior, it is clear that excessive drinking is not the answer to increased anxiety over employment. Not only does it have adverse health consequences for the individual, but it also affects the people around the drinker.

However, beginning to drink during tough times does not guarantee an addiction. Addiction special-

ist Paul Leslie Hokemeyer says that drinking addictions are worst when an individual feels alone, and that being surrounded by people can help prevent an addiction from happening.

While Dr. Hokemeyer's words certainly are encouraging, they most likely will have little impact on the mass population. With the economy expected to remain at a high unemployment rate for the next few years, we can only expect excessive drinking to remain an issue according to Dr. French's work.



COURTESY OF WWW.ARE.BERKELEY.EDU

Neanderthal's short legs were previously thought to help retain body heat.

Video games assist ICU patient recovery

By ELLE PFEFFER
Staff Writer

Who would have thought that the same video games played in the common room at college could have positive effects on the health of patients battling critical illnesses? A recent study conducted by Hopkins researchers suggests that these interactive video games may favorably complement physical therapy for patients in intensive care units (ICU).

The study tested the safety and potential for using video games in conjunction with other forms of regular ICU physical therapy, as the games have previously been shown to improve the motor function of patients recovering from strokes. According to study leader Michelle E.

Kho, the goal was to find additional creative forms of therapy to improve muscle strength, balance and coordination.

In the observational study that ran from Sept. 1, 2009 to Aug. 31, 2010, a total of 42 therapy sessions using video games were conducted with 22 critically ill patients. This represents five percent of the 410 patients at Hopkins who received ICU physical therapy during the year-long period. The involved patients were mostly male between the ages of 32 and 64, and were suffering from health problems like respiratory failure, sepsis and cardiovascular issues.

Nintendo Wii and Wii Fit consoles were used in the study. The main activities chosen to improve balance and endurance were boxing at 38 per-

cent of the events, bowling at 24 percent and balance board at 21 percent. All of the sessions were conducted under the supervision of a physical therapist; 69 percent occurred with the patients standing, while 45 percent occurred while patients were mechanically ventilated.

In the study published online in the *Journal of Critical Care*, the researchers concluded: "Novel use of interactive video games as part of routine physical therapy in critically ill patients is feasible and appears safe in our case series. Video game therapy may complement existing rehabilitation techniques for ICU patients."

According to Dale M. Needham, senior author of the study, patients specifically enjoyed variation in their therapy routines and the challenge of the games. Other potential advantages that complement other forms of therapy include lower equipment costs, the potential for greater patient interest and motivation for therapy and the brevity of these activities, which are good for recovering patients.

The implications of the research are limited by the small sample size, the number of sessions and the fact that the patients were not randomly selected. Further research will focus on which kinds of therapy would be most enhanced by a video game complement.

Quasi-particles found within graphene

By EDWARD SAMSON
Staff Writer

A recent study by Igor Zaliznyak and others at the Brookhaven National Laboratory proved empirically that exotic particle-like phenomena predicted in theory actually exist in layered sheets of carbon atoms. The study, using practical and replicable methods, verified the predicted electrical properties of this type of carbon configuration.

Graphene is a flat, two-dimensional sheet of carbon atoms bonded in a hexagonal lattice. The graphite commonly used as pencil lead is made up of stacks of graphene.

Isolated single layers of graphene are cheaper and 100 times more conductive than silicon. For these reasons many people think that graphene will replace silicon as the conductive material of the future. Multiple layered graphene has unique conductive properties that might make it preferable to single layer graphene for electronics applications.

The band gap is a property of atoms that determines how freely electrons move across a material. If the band gap is large, the material is an insulator; it does not conduct electricity. In good conductors there is no band gap; electrons are free to move.

Single layer graphene is like a superconductor in that it has a very small band gap. In multi-layer graphene, the band gap can be adjusted by a magnetic field. This means that multi-layer graphene, unlike the usual superconductors, can be changed from a good conductor to an insulator without changing the temperature. In electronics applications, this means that multi-layer graphene can conduct a high current, which can be turned on and off.

Tri-layer graphene was used in these experiments. Three sheets of carbon were stacked on one an-

other in an ABC configuration where each sheet (A, B and C) is offset from the one below it.

To obtain samples of this kind, the team used mechanical exfoliation, peeling off a mixture of different graphene samples from graphite using an adhesive tape and identifying which was tri-layer ABC. They verified the number of layers using Raman microscopy by shining a laser on the sample and measuring reflectivity.

They then tested the magnetoresistance, the changing electric properties of the samples, in the presence of magnetic fields. The Landau level quantization refers to the discrete energies that electrons can obtain. In a magnetic field the Landau levels change. From the magnetoresistance, they found that the Landau level quantization that occurs in ABC tri-layer graphene is atypical.

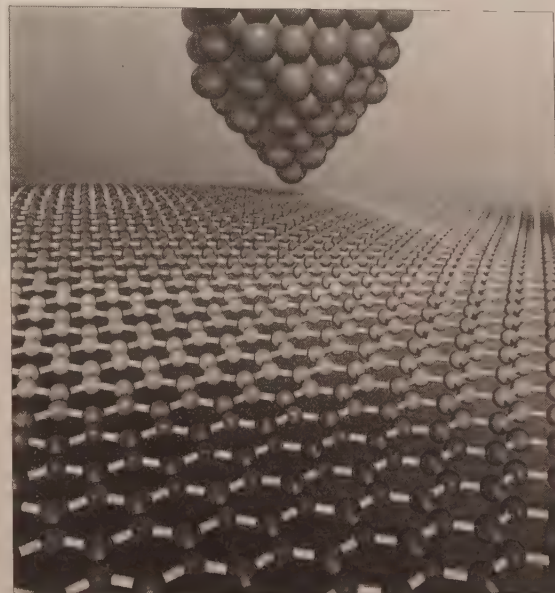
This phenomenon is explained by the presence of exotic quasi-particles, interactions of electrons that can be treated as particles. Fermions are a class of subatomic particles that includes protons, neutrons and electrons, among others. Dirac fermions are stable particles

because they are not their own antiparticle. Physicists know that 'spin' is a property of fermions that is conserved when they interact.

The quasi-particles found in graphene are fermions, such as protons or electrons. In monolayer graphene, the quasi-particles are massless; in bilayer graphene they are massive, but in ABC tri-layer graphene the quasi-particles' masses depend on their energies. When the energy is very low and the particles are at rest, the mass of the quasi-particles goes to infinity.

Electron interactions would make these quasi-particles unstable, but their spin characteristics prevent them from decaying and, therefore, they are stable; they obey the Dirac equation. The unique quasi-particles present in ABC tri-layer graphene and its resistive variability, when they are better understood, could make graphene an even more powerful conductor.

As research on graphene continues, the rigorous techniques used in this experiment may make it easier to collect graphene samples and test electronic properties of the material.



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Scientists found exotic particles in between layers of tri-layer graphene.



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Mainstream ICU physical therapy was paired with video game play.

SCIENCE & TECHNOLOGY

Zebrafish guts visualized using tagged lipids

By ALEENA LAKHANPAL
Staff Writer

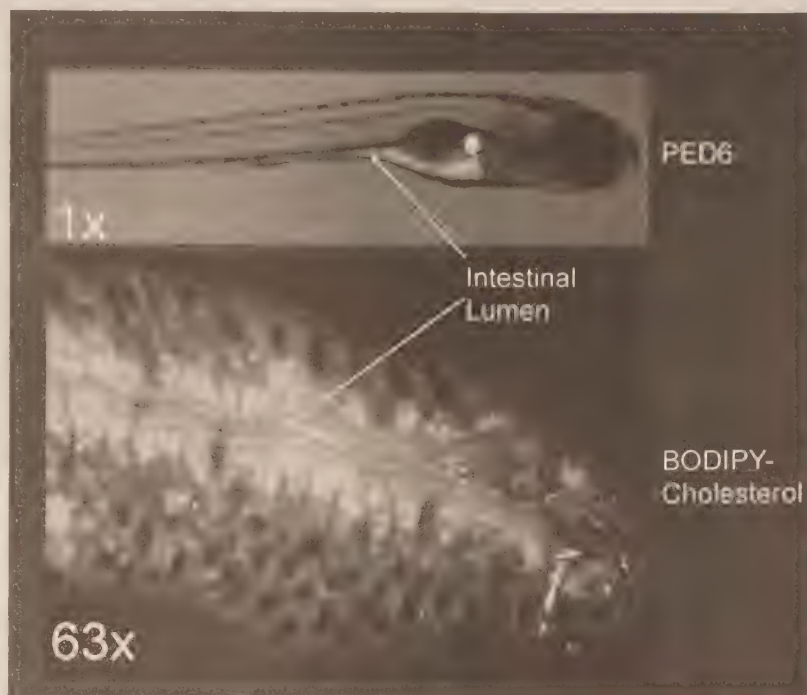
Some of us use Windex to give our windows that streak-free shine that lets us look out at a pristine world. What if we could use that clarity to see how our organs develop? Steven Farber of the Department of Embryology at the Carnegie Institution for Science has discovered just that clarity in a very specific animal model, the zebrafish. Its advantage: it is clear during its development, so one can see precisely how its organs form. Using fluorescently-tagged lipids, Farber and his lab explored the organization of the digestive system in six-day-old transparent zebrafish larvae.

"One of the great things about zebrafish is that the larvae are optically clear and they have basically all the same genes as mammals have," Farber said. "This is one of the great discoveries we have in the era of modern genomics — sequencing all of these critters."

It has long been known that vertebrates, which include a tiny creature like the zebrafish and an intellectual human being like us, share an essentially similar genetic code. It is because of this similarity that Farber and his lab have decided to watch the glow-in-the-dark lipids go through the zebrafish during its development under a confocal microscope.

"We have seen things that no one has ever seen before in a mammal," Farber said. "Historically, if you had a mammal, you'd have to fix the sample, put it on a slide, stain it and then visualize it. This is our claim to fame. We see beautiful live animal pictures."

The pictures have allowed Farber to explore not only the structural development of digestive organs, but also the biochemical processes that underlie this development. This study centered on fatty acid metabolism, so Farber's lab observed the outcomes of using fatty acids of various lengths. The longer the carbon chain becomes, the more hydrophobic (water-resistant) it is. While a carbon chain of only two carbon molecules essentially disappeared in water, longer fatty acids



COURTESY OF STEVE FARBER/CARNEGIE INSTITUTION FOR SCIENCE
The clear body of the zebrafish allows scientists to track its metabolic processes using fluorescent tagging.

were found to metabolize into different cellular structures of the developing zebrafish. The team examined a fluorescently-tagged five-carbon fatty acid incorporated into the phospholipid bilayer of cell membranes.

"What was interesting was that we were relating what we saw in the animal's organ to what we were seeing biochemically," Farber said. "We aren't just looking at the structure of the organ, but the fluorescent metabolism."

Farber and his lab have worked with fatty acids as well as cholesterol, and in an upcoming paper Farber will discuss how cholesterol is taken up in the gut and what factors influence that process.

Lipid metabolism is a process that extends far beyond the digestive system of larval zebrafish. In fact, disorders in lipid metabolism are often one of many causes of human diseases that Farber had in mind when he began his research.

"If you think of obesity and cardiovascular disease, they are all under the realm of how lipids in the body are perturbed," Farber said. "It is these diseases that are primarily responsible for the decrease in life span in this generation — there are kids who will not live as long as their parents because of obesity

and lipid-related disorders."

However, Farber recognizes that such cardiovascular and metabolic diseases stem from a variety of causes, one of them being socioeconomic status and the marketing of food products. Still, he is hopeful that understanding the science of these disorders in zebrafish models will aid in controlling the obesity epidemic in humans.

It may seem unlikely that a tiny fish could provide a solution to gigantic problems such as cardiovascular disease and obesity, but Farber stressed the genetic similarities between humans

and zebrafish.

"It's like the periodic table of elements," explained Farber. "Just imagine this table of genes that makes the vertebrates. It changes subtly in how much we use, and since we know it's about the same set of genes, we can work with fish in ways we can't with mice or humans."

Farber and his lab are continuing to explore mysteries of organ development, on both a structural and biochemical level, which may help us better understand the science underlying some of the most widespread human diseases.

Shorter legs better for traversing mountains

NEANDERTHALS, FROM B7 legs as high when walking uphill, which reduces the amount of effort they need to expend on swinging their legs and pulling their bodies up when walking. In the cold mountainous areas that Neanderthals tended to live in, this translated to a thermoregulatory advantage.

While this concept, according to Higgins, was "intuitive," he also comments that the impact had previously been uncertain. "It was completely unclear before the analyses if the effect would be big or small," Higgins wrote. However, the results showed that the disadvantage that lower leg lengths would have on flat terrain was completely cancelled out on sloped terrain, rather than just slightly diminished.

These results did not only apply to one species, but presented a pattern over multiple species, as the research also shows. Different types of bovids

— for example, gazelles, antelopes, goats, and sheep — which have similar leg construction and experience both a mix of warm and cold weather and live in both flat and hilly terrain, were examined based on existing literature. It turns out that the bovids' leg patterns indicate that the bovids that live on mountainous terrain had shorter lower legs than bovids on flatter terrain, regardless of climate.

The research has several implications. It suggests that, contrary to what previous studies might suggest, Neanderthals were not at a disadvantage in terms of efficiency of movement. More broadly, this study hints at a wider biological rule. "Our study suggests that you can predict that animals who live in more mountainous environments will have shorter lower leg segments compared to their flat terrain counterparts (regardless of climate)," Higgins wrote.



COURTESY OF WWW.NASA.GOV
Shorter legs are disadvantageous for flat terrain but helpful in mountains.

Enzyme plays important role in bacterial translation

By IAN YU
Science & Technology Editor

Cells have elaborate machinery in place to produce proteins, starting from the transcription of genes that encode a protein to the ribosomes that piece the protein together. Like many systems in nature, this can result in errors from time to time. Mechanisms that protect against these errors are still being studied, and recent research has shed some light onto a component of this system in bacteria.

Using *Escherichia coli* cells, researchers at the Department of Molecular Biology and Genetics in the Hopkins School of Medicine have identified a more detailed role of Release Factor 3 (RF3) in screening for errors in bacterial production of proteins. In a paper published last month in the journal *Cell*, the researchers explained the role of RF3 in addressing errors in protein production.

Bacteria and many other types of cells rely on ribosomes to produce proteins by connecting the correct amino acids in the proper order, based on the genes encoded in DNA. To do so, an mRNA, or messenger RNA, is made based on the sequence encoded by the gene, and it is used by the ribosome as a template to sequentially bond amino acids into a chain. Once the ribosome finds the signal towards the end of the mRNA to stop making the protein, a Class I Releasing Factor comes into the ribosome, allowing the protein chain to leave the ribosome. RF3, a Class II Releasing Factor, comes in and

"recycles" the Class I Releasing Factor, allowing it to leave the ribosome and move on to wherever it is needed.

RF3 has an additional role in another mechanism that makes sure the right amino acid is used by the ribosome for a specific portion of the protein. If the wrong amino acid comes in, or if the stop signal is misread as another amino acid, then RF3 interacts with a mechanism that acts after an amino acid has been introduced to release the protein chain immediately from the ribosome.

To hone in on these actions of RF3, the researchers used a mutant bacteria that lacked a gene encoding RF3 to see how bacteria would grow and produce proteins under such conditions. They also utilized several strains of bacteria with and without this deletion that looked at bacteria which are ultra accurate at producing proteins correctly and those that are likely to mess something

up.

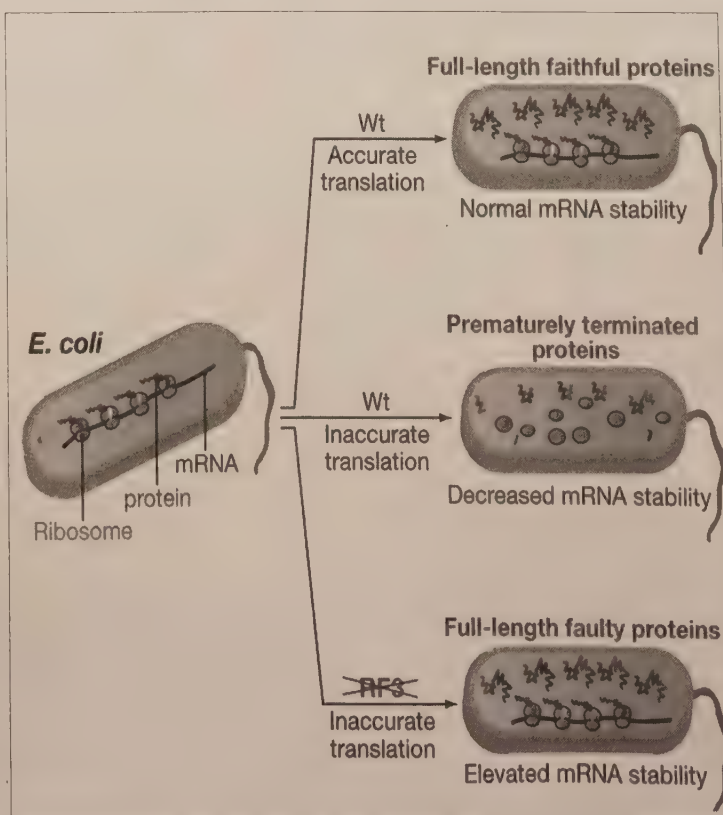
One of the methods the researchers used to test the importance of RF3 was to grow bacterial strains in the presence of streptomycin, an antibiotic that fights bacteria by making errors in the production of proteins by the bacteria. Without the antibiotic, the normal bacteria and those lacking RF3 were able to grow normally with no discernible difference in growth rate, but, when grown with streptomycin at levels tolerable by the normal bacteria, those lacking RF3 failed to grow while the normal bacteria was doing fine.

As for the production of proteins in the midst of errors, the researchers looked at the importance of RF3 in a bacterial strain that was prone to making mistakes in protein production. They found that with RF3, the error-prone strain would not produce full-length proteins while the mutant lacking RF3 would go on making the

proteins in full, despite possible errors. In an additional step to verify that RF3's absence led to the creation of proteins in full despite possible errors, the researchers inserted a plasmid into the RF3-lacking bacteria. This plasmid, a short strand of DNA bacteria use to pick up and pass genes to neighboring bacteria, contained RF3, so its presence would "replace" the RF3 gene missing in the bacteria's main DNA. With this plasmid, the bacteria behaved much like the normal error-prone bacteria, failing to produce full-length proteins.

Other roles of RF3 identified by the researchers include a destabilization role that RF3 has on mRNA, or an increase in mRNA stability when RF3 is absent, as well as a reduction in frame shift mutations. These sort of mutations affect the way in which a ribosome reads an mRNA, having an impact on nearly all of the protein that is encoded after the frame shift mutation.

The researchers note that RF3 is only found in a subset of bacteria, and a similar protein has yet to be found in eukaryotes, more complex cells such as fungi or amoeba and those that make up complex organisms such as ourselves. In addition, the error control mechanism that RF3 is involved in does not exist in eukaryotes, or at least that appears to be the case based on the research lab's previous work. Instead, we rely on different and multiple mechanisms to ensure our ribosomes are properly making proteins, within their realm of control to say the least.



COURTESY OF WWW.CELL.COM
Without Releasing Factor 3, a bacteria will produce full length proteins despite making errors.

This Week in Science History

— **Oct. 31, 1992:** The Vatican admits that Galileo's findings about the orbit of planets around the Sun is correct, 359 years after a Roman Inquisition forced Galileo to repent.

— **Nov. 1, 1952:** The U.S. tests the first hydrogen bomb, a thermonuclear device, on the Eniwetok Atoll in the Pacific Ocean.

— **Nov. 2, 2000:** Two Russian and one American astronauts become the first long term residents of the International Space Station.

— **Nov. 3, 1973:** NASA launches the space probe Mariner 10, which arrives at Mercury four months later as the first probe to reach the planet.

— **Nov. 4, 1984:** PCs Limited is founded by Michael Dell, later renamed Dell Computers.

— **Nov. 5, 1948:** William D. Philips, American physicist, was born. He shared the 1997 Nobel Prize in Physics with Steven Chu and Claude Cohen-Tannoudji for their work with laser light to cool gas particles down to microkelvin temperatures.

SCIENCE & TECHNOLOGY

Mobile carriers will profit from data usage

By CATIE PAUL
Staff Writer

First, phone companies told us that we need phones that operate on 3G, and now they're saying we need 4G. That might beg the question of what exactly is 3G and 4G technology? Furthermore, why did these businesses create it?

The development of more high-tech phones and tablet computers has increased data transfer, which are activities such as sending emails and downloading videos. In fact, by 2009 data traffic exceeded voice traffic. In order to allow data traffic, companies have to have something called mobile spectrum, which is a part of the electromagnetic spectrum that can transfer data across networks. The number of frequencies in the spectrum that are useful for cell phones is very small, which is why in the US the Federal Communications Commission (FCC) allocates these frequencies. The price of mobile spectrum will only increase as the amount of data transfer increases.

Jan Markendahl, from the Royal Institute of



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Data usage on mobile networks is projected to greatly increase as more people buy smartphones and data plans.

Technology, and Bengt G. Molleryd, from the Swedish Post and Telecom Agency of Stockholm, recently published an article on the *AlphaGalileo Foundation* site analyzing the mobile spectrum market. They found that many companies had recently bought the licenses

to these frequencies at cheap prices from government auctions. The corporations that purchased these licenses can operate at more frequencies than their competitors and will probably soon dominate the market, especially if they also consider such policies as network sharing and spectrum aggregation.

Companies that can carry out these policies will have lower production costs because buying existing spectrum is cheaper than creating new stations. Network sharing is when data on one network, such as a computer, can be remotely accessed from another computer. Spectrum aggregation is when a user can utilize multiple bandwidths for a service so that activities with large bandwidth demands can be carried out well.

Spectrum aggregation is what allows companies to profit from all the small individual bandwidths they own. 3G and 4G technologies allow aggregation, which is why they are faster and more profitable. Companies could also lease some of their bandwidths to other corporations at high profits.

Markendahl and Molleryd analyzed data from Sweden and found that

data traffic increased from 27,800 to 53,100 terabytes, roughly 56 billion megabytes, from 2009 to 2010, an increase of 90 percent. Similarly in the US, data traffic has increased to 341.2 billion megabytes in 2011 from 161.5 billion megabytes in 2010, a 111 percent increase.

Overall, the company CISCO predicts that by 2015, data traffic will have reached 6.3 exabytes, which is 1000³ megabytes. This increase is partially because of the increase in smartphone and tablet computer usage. Thus, phone companies are interested in 3G and 4G technology because of the profits they will develop when more people buy smartphones and data transfer increases.

The researchers do acknowledge, however, the success of these companies will also depend on the data rates that they can offer. Data rate is the amount of data that can be transferred in a certain unit of time.

Companies with slower data rates will experience less marketing success. Those businesses with licenses to more of the mobile spectrum, or that can use what they have more efficiently, will be able to gain an edge over their competitors.

Caffeine makes people edit more accurately

By LILY NEWMAN
Editor-in-Chief

Caffeine's overwhelming popularity as a stimulant is merited, according to a study that looked at its effects on proofreading.

The study, published in the *Journal of Experimental Psychology: Applied*, examined two groups of college students, one where individuals consumed half a cup of coffee a day (about 50 milligrams (mg) of caffeine) on average and the other where they averaged about three cups a day (roughly 300mg).

"Caffeine has become the most prevalently consumed psychostimulant in the world, but its influences on daily real-world functioning are relatively unknown," the researchers wrote.

Individuals in the first experimental group were randomly given pills that contained 0mg, 100mg, 200mg or 400mg of caffeine. After 45 minutes, they were asked to edit a one page news story in five minutes that contained various spelling and grammar mistakes.

The second group took the same randomly assigned caffeine doses and then performed the same five minute proofreading task.

The groups performed similarly in all areas except what the study called "complex global errors." These verb tense and subject-verb agreement issues were more consistently corrected by participants who had been given more caffeine before the test. The effect was especially pronounced in the first group, the low consumers.

"We demonstrate that caffeine has differential

effects on error detection and repair . . . and this relationship is closely tied to caffeine's effects on subjective arousal state," the researchers wrote.

The findings indicate that caffeine is most effective when used irregularly. The low consumers' accuracy topped off at 200mg of caffeine whereas the high consumers improved to the same level at 400mg.

Caffeine has become the most prevalently consumed psychostimulant in the world. . .

— JOURNAL OF EXPERIMENTAL PSYCHOLOGY: APPLIED

Additionally, the study supports a popular theory that central nervous system stimulants interact with the right hemisphere of the brain to impact language-related functions. Broadly speaking, the

researchers aim in conducting the study was to, "[understand] the relationships between caffeine consumption and real-world cognitive functioning."

Though the study did show a positive correlation between caffeine intake and proofreading accuracy, it is not in itself definitive.

The sample size was very small, with 36 students in the first group and 38 in the second, and all participants were in approximately the same age group and overall health.

The researchers found that caffeine consumption did not help the students catch misspelled words or incorrect use of homophones.

Further inquiry will be needed to more broadly determine caffeine's impact on human performance in different situations and with different types of tasks.

As it is a substance consumed by people worldwide, it is important for scientists to explore caffeine's interactions and effects.

Freshman 15: myth or legitimate concern?

Researchers disprove the long-feared phenomenon

By MALI WIEDERKEHR
Science & Technology Editor

An age-old collegiate concern and the one deterrent from eating too many *FEC* cookies is the daunting *Freshman 15*. Do we have reason to fear its effects?

Researchers from Ohio State University and the University of Michigan-Dearborn have effectively debunked the *Freshman 15* as a legitimate phenomenon, demonstrating that freshman weight gain averages a mere 2.5 to 3.5 pounds.

The total weight gained during all of college did not even amount to the 15 pounds allegedly gained solely during freshman year — women gained 8.9 pounds and men gained 13.4 pounds on average over the course of four years.

Weight gain was shown to increase in a moderate and steady manner throughout the collegiate and post-collegiate years and the supposed freshman year spike was absent from the findings.

Furthermore, the researchers found that college freshman gained only half a pound more than their non-collegiate counterparts of the same age group, demonstrating that freshman year of college as an entity has little impact on weight.

The researchers utilized a nationally represented and randomized database known as the National Longitudinal Survey of Youth (NLSY97), tracking 7,418 respondents on a yearly basis since 1997.

While factors such as dorm versus off campus living, attending a private or public school and being a part-time or full-time student were independent of weight gain, two variables that did affect weight were heavy drinking and having a job. However, their impact on weight gain was considerably minimal, causing heavy drinkers to gain a little less than a pound and those who hold a job to gain one-fifth of a pound.

In addition to showing that the total weight gain is not nearly as high as described by the *Freshman 15*, the researchers found that 25% of college freshman actually lose weight. Only 10% of college freshman gained the 15 pounds, which is surprising given the phenomenon is rife in the realm of freshman concerns.

The researchers conclude that the *Freshman 15* is a "media myth," warning that anti-obesity campaigns that aim to control its prevalence in young adults will prove futile.

IQ can change noticeably during adolescence, for better or worse

By FLORENCE LAU
Your Weekend Editor

It is generally assumed that everyone has a stable IQ (intelligence quotient) score, thereby making it a standard measure of intelligence for teenagers everywhere. Those who perform badly in IQ tests as teenagers are written off as being unable to do as well in future endeavors, like getting into a highly ranked college or finding a job. Those who do well in such tests can get complacent, believing that they are "naturally smart" and are destined to do well.

However, new research has found that IQ is not a stable trait as was previously believed. Using IQ tests taken from a group of 33 adolescents when they were between the ages of 12 and 16 and then again four years later when the same adolescents were between 15 and 20 years old, researchers have found that there were significant changes in their scores from 2008 compared to the scores from 2004.

Changes were up to a 20 point increase or decrease in scores, whether it was in verbal (language, math, knowledge and memory) or non-verbal (visual puzzles, identifying missing pieces of a picture) types of IQ. Changes to one type of IQ did not appear to cause a change in the other type.

Along with comparing IQ scores, researchers also looked at MRI (magnetic resonance imaging) scans of the subjects' brains. They found that the increase in scores correlated with increases in grey matter of the brain.

Grey matter is where processing takes place in the brain, so it makes sense that increased intelligence would correlate with increased information processing. Specifically, increased verbal IQ scores correlated with increased density of grey matter in the part of the brain which is activated during speech, and increased non-verbal IQ scores correlated with the part of the brain activated during hand movements. It was not clear whether decreases in IQ scores meant a decrease in grey matter in the relevant areas of the brain.

So what does this mean? This research shows that intelligence is still developing in children, and that having a low IQ score during the pre-teen years doesn't necessarily mean anything later on. It also shows that students who have a high IQ score earlier in life may not have the same score later, so they have to keep working hard and studying.

This last point especially is supported by research which has also

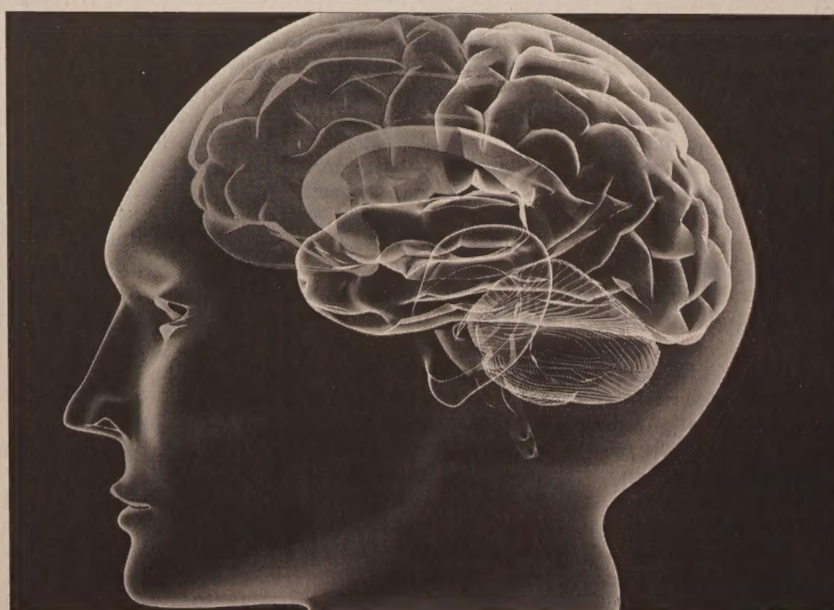
found that the brain doesn't lose its plasticity — its ability to mold itself and change with the amount and type of input it is receiving and the environment it is in — even when people are adults. For example, Professor Eleanor Maguire from the Wellcome Trust Centre found that taxi drivers in London have increased volume in their hippocampus, an area of the brain which controls memory and navigation.

Further research will be needed to decide whether or not this finding can be generalized to IQ changes

even as adults, and whether these results also apply to other cognitive functions. Research can also be done to determine *why* these changes are happening and if it's really just as simple as "working out" that part of your brain more or less. Research on these changes may have long-lasting impacts on education, employment, and how the education system is structured in the future. Furthermore, this research could be applied to mental disorders and whether changes in supposedly "stable" traits like IQ could contribute to

such disorders.

Clearly, people's brains don't stop changing as they grow older, and this applies to no other group more distinctly than teenagers. Their brains are still changing and molding dramatically, even more so than adults' brains, and intelligence is something that can be molded along with practical and physical skills. Brains are made to adapt to situations, and if one stops trying to study and better himself or herself, his or her brain might simply stop trying to keep up.



COURTESY OF WWW.STFC.AC.UK

A low IQ score in the pre-teen years may become a high score once development is complete, and vice versa.

SPORTS

Editor's choice: The humble giants of Homewood Field

By CLAYTON RISCHE
Sports Editor

One of Blue Jay Football's greatest assets is the offensive line. We're talking about an elite unit of linemen that some of DIII football's finest.

Without these guys, we wouldn't be seeing the fantastic dashes by our running backs and fullbacks, nor would we have weeks where senior Hewitt Tomlin puts up record yards.

Now a lot of people who aren't as football-conscience might think that just any big strong guy can play these positions. I mean, how hard can it be to hold off other guys in what seems to be a veritable pushing contest?

Well to the surprise of many of the would-be doubtful, it's a hell of a tough spot to play. It's even harder to excel at the position.

It's not all about weight. Strength and speed are a huge part of it too. Our guys bring all three together for a powerful, destructive formula where opponent's defensive lines are overpowered and out-matched.

The line has only allowed 10 sacks through eight games this season, less than half of what the defense has inflicted on Hopkins's opponents this season.

Our offense has gotten the Jays to a high and mighty rank of 11th in the nation. The whole team is responsible for this feat.

Why don't we hear about these guys more often? Offense is always

portrayed by the quarterbacks and running backs in the media. We rarely give proper coverage to the supporting cast. They don't get touchdowns or rack up the yards. We usually see the O-line come up when there's a flag called on a play.

"The only time we get any attention is if we are called for a penalty, but that's part of the job," said senior guard Doug Drummond.

In no way does that common perception represent what the guys are doing for the team.

I'm a Bears fan, and if there are any NFL fans who appreciate an effective offensive line (something we lack), it would likely be Chicago fans.

The Blue Jays have a great O-line. I can't say it enough.

They move mountains for the offense. There are some defensive players out there who look like they weigh twice as much as I do- and they get pushed aside like it's their job.

It should come as no surprise that this line is as good as it is. Three seniors lead the charge in the company of several skilled sophomores in the starting rotation.

Senior tackle Roland Massimino transferred to Hopkins in the Spring of '09, is formerly of the Hofstra football squad and has

been a fantastic addition to the Blue Jay family.

Ed Rodger, another senior, plays at center and spearheads the group.

They are joined by sophomores Ben Cranstun (guard), Armand Jennifer (tackle) and Vincenzo Bonaddio (guard).

Including Drummond, these six players make up the core of our offensive wall, allowing the attack

for soldiers and surgeons and that what we do is fun," said Rodger.

"We prepare hard every week and are confident we can handle anything the defense throws at us."

His words are well grounded in eight weeks worth of victories.

The excitement on the field follows closely with the intensity. Being the muscle in such a dynamic

can do this and each do our job, we have unlimited potential," said Drummond.

The team has made their case each week, beating off opponents who challenge the Hopkins Authority. These guys look at each game the same way. Each game has two opponents to deal with.

There's the obvious opposing team on the other side of the line, but there's another challenger that lay within during each game.

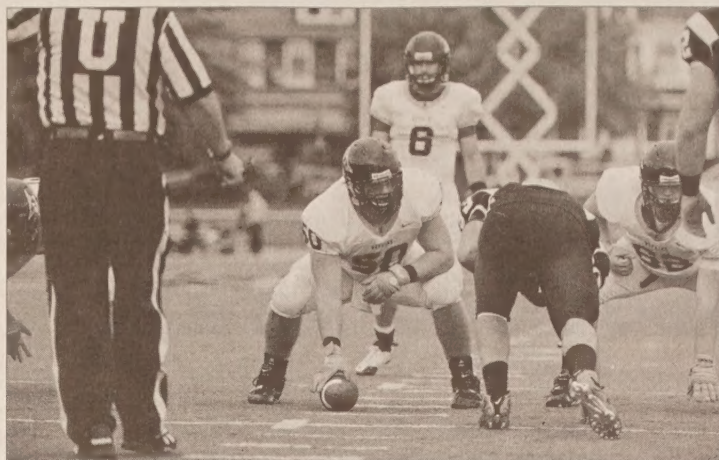
"Our offensive coordinator, Dan Swanstrom, says we play a faceless opponent each week," said Rodger.

"We just focus on what we need to do in order to play our best game consistently."

As the season winds down, the challenges will only get tougher for this team. The ultimate result will depend heavily on these Purveyors of Punishment.

"It goes back to the faceless opponent mentality. We focus on playing at a high level consistently. It doesn't matter who we play, they're just next," said Rodger.

Terrific words for some terrific players. Watch and see how each game plays out. The entire football team is gifted with various talents in just about every position. The O-line is no different, to say the very least.



COURTESY OF SPORTS INFORMATION
Ed Rodger has busted up his fair share of defensive players along with the rest of the O-line.

components of the offense to load up and strike.

These guys are all Big Friendly Giants off the field, but once the game gets rolling they're as intense as can be. I've never seen people as pumped up as the football players before gametime.

All that intensity and pressure gets channeled into the game each week. But how much pressure is it?

"Our coach always does a good job keeping things in perspective. He reminds us that pressure is

offense gives the players an interesting perspective.

"You never know what play we're going to score on and it always feels like the next play is the one," said Massimino.

"As a senior, it's very rewarding to know that we're playing so well in my last year. All the hard work and dedication comes down to this last year- it's great to see it paying off so far."

"We just want to keep going forward and keep working hard by taking each game at a time. If we

Goodman leads Lady Jays on senior day

By MIKE KANEN
Sports Editor

In what has become a typical occurrence this season, Hopkins women's soccer cruised by the second-place Gettysburg Bullets Sunday afternoon, 6-1. With the win, the Lady Jays clinched the first-seed in the Centennial Conference tournament and will host the tournament this weekend.

In addition, the Jays completed their journey for the first undefeated regular season in program history and enter the playoffs with a spotless 17-0 record. They are currently ranked fourth in the nation.

Not everything was as usual on Sunday, however. In their final regular season match of their careers, the team's eight seniors were honored, among them forward Paulina Goodman, the Centennial Conference's offensive player of the week. Goodman led the charge with her first hat trick of her career to give her ten on the year.

Also adding goals were senior midfielder Erica Suter, tied as the team's leading scorer with 18, senior midfielder Ava Scheininger, and sophomore Pam Vranis.

The Jays will start post-season play Saturday at 4:30 PM against Haverford on Homewood Field.

Water Polo makes waves in regular season finale

By MICHAEL NAKAN
Managing Editor

The water polo team finished their regular season last Saturday with two games at Navy, resulting in a loss and a win.

A strong start against the hosts saw the Blue Jays 5-3 up at the half but a resurgent Navy smashed past their defense in the second half, outscoring JHU 7-1 in the third stanza and 6-2 in the fourth. The final score was 9-2.

Freshman Johnny Beal scored his second hat trick of the season. Junior Kielan Crow put two goals to his name and classmate Alex Whittam chipped in with three assists.

The second game saw the Jays ascend to a five goal advantage in the first quarter and keep the momentum up throughout the game for a 9-2 routing of Salem International.

Senior captain Mark Strickland contributed his fourth hat trick of the season. Sophomore Chase Hamilton chipped in two goals, an assist and four steals.

The fifth-seed Jays will return to action tomorrow in a CWPA Southern Championship match against fourth-seeded George Washington.

Strickland is confident that the team will perform tomorrow despite previous results against the GW squad.

"If we come out with intensity and play with what we're capable of then we're definitely gonna beat GW," he said.

"I think that the two times we lost to GW didn't accurately show our abilities because we need to swim. The two times we lost to GW have been in small pools. If we anticipate well and counter well and come out with intensity we'll run over them because they can't stay with us in a big pool."

The 22-year-old from Houston hopes to make a mark in the Hopkins history book in his last college season.

"I want to make it to [the Division III Eastern Championship] one last time and hopefully finish with the highest placing that Hopkins has ever had at Eastern," he said. "That's my goal."

Time will tell how it all ends this season. Watch out for some big moves in the coming games!

M. Soccer: Eve of the Centennial Tournament

M. SOCCER, FROM B12

total over the entire game. However, the aggressive Hopkins attack would not be stymied.

Opportunity struck again for the home team in the 67th minute. This time, it was Blue Jay midfielder Duggan making his mark with a feed to freshman forward Matt Carey.

Carey finished the play with a chip shot over Phipps to essentially shut the door on Washington's hopes of a comeback.

Matching the offensive output of the forwards was

the work of the defense, led by freshman goalie Nick Cerrone's eighth shutout of the year.

By game's end, Hopkins had earned the 2-0 win to finish the regular season 10-4-3 and clinch home-field advantage in the Centennial Conference tournament, their first time since 2006.

It will take the team's best efforts to win the conference championship again. Under Head coach Craig Appleby, who joined the program in 2008, the team has won the conference tourna-

ment once in 2009.

With a Centennial victory, Hopkins would earn an automatic bid to the NCAA tournament which will conclude in San Antonio, TX.

The team has gone as far as the Sweet Sixteen in the past three years only to watch their season end just shy of the national title game.

However, this season, the team hopes the combination of senior leadership and freshmen youth will propel them farther than they have ever gone. The senior class knows the op-

portunity for them to win a national championship comes down to the next few weeks.

Although Hopkins is not nationally ranked in the top 25 nationally, chances are good that they still make the 56 team tournament with a loss in the Centennial Conference tournament.

With home-field advantage, be sure to check out the Hopkins soccer team this Saturday as the Jays look to regain the Centennial crown and take another step towards the national tournament.

Field Hockey clinches third-seed in Centennial Tourney

By NICOLE PASSMORE
Staff Writer

The Hopkins field hockey team defeated Gettysburg, 5-2 on a cold, wintry day at Homewood Field to advance to the Centennial Conference tournament as the number three-seed.

With their third place regular season finish, the Blue Jays receive a first round bye in the tournament. The team will travel to tournament host Franklin & Marshall in Lancaster, PA this weekend to face long-time rival Ursinus in the two vs. three-seed semifinal matchup on Saturday. Franklin and Marshall, the number one seed, will play in the other semifinal match against the winner of Haverford and Washington, the four and five seeds. The winners of the two semifinal matches play each other on Sunday for the Centennial Conference championship, and the victor will secure an automatic trip to the NCAA tournament.

With Saturday's win, Hopkins closed out the regular season with a 10-7 overall record and 7-3 conference record. The team honored 13 seniors prior to the game as a senior day celebration. The victory over Gettysburg

marks the senior class' 50th overall win, making them one of only eight classes to hit the milestone.

"We couldn't have asked for a better 50th," senior midfielder Ali Bahneman said after the game. "It was a great win, and now we don't have to play on Wednesday [in the first round of the tournament]."

On a night where many critical conference match-ups were postponed due to inclement weather, the Blue Jays and the Bullets bundled up and battled on.

"It was freezing out there!" junior midfielder Liane Tellier said. "But the win was worth it."

Senior midfielder Annie Shepard opened up scoring for the Blue Jays only eight and a half minutes into the game, scoring off of a corner play assisted by senior forward Carly Bianco and Tellier. Just 51 seconds later, Bianco dribbled through multiple Gettysburg players and fired off a reverse sweep to extend the Blue Jays' lead

to 2-0.

Once the Blue Jays jumped ahead in the first half, they did not looked back. Junior forward Maggie Phillips, the team's leading scorer, added her first goal of the day ten minutes after Bianco's goal. Phillips buried a re-

The Bullets fought back with two goals of their own at the beginning of the second half. The first came five minutes into the half, and the second tally followed just two and a half minutes later.

Hopkins responded quickly to the goals, howev-

immemorable when Head coach Megan Fraser substituted in all of the seniors to conclude the game. The seniors finished their last ever home game together with the 11 active players on the field and the two injured supporting from the sidelines.

"It was a great way to end the game," senior midfielder Amy Wharton said.

Senior captain and goalkeeper Kim Stein got the win in the cage for the Blue Jays and made eight saves on the day. The Blue Jays had three defensive saves on the day, with one going to co-captain senior defender Zoe Koven and two going to Bahneman.

The Blue Jays are now preparing for a ferocious tilt against Ursinus. Hopkins dropped their regular season match to the Bears by a score of 1-0.

This team is determined to emerge victorious and continue on with their season.

As senior midfielder Olivia Ross said, "We want to host the first round of NCAAs."



FILE PHOTO
The Lady Jays won five straight games to advance to the Centennial Conference tournament.

bound off of a Bahneman long hit.

Tellier closed out the first half scoring by slamming home a shot from the top of the circle for her fifth goal of the season.

er, scoring six minutes later. Phillips scored her 14th goal of the season by tipping in a hard shot from Bahneman.

The final twenty minutes of the game were scoreless, but it was hardly

SPORTS

ATHLETE OF THE WEEK JONATHAN RIGAUD - FOOTBALL

By JEFF LYNCH
Staff Writer

The spotlight was once again on the gridiron of historic Homewood Field this past weekend, as the Hopkins Football team wrapped up a bid to the NCAA Division III playoffs. In addition, the Blue Jays earned no worse than a share of the Centennial Conference title by defeating Ursinus College, 37-9. Carrying the load for the Blue Jays junior running back Jonathan Rigaud.

On a day that saw freezing rain, sleet, snow and frigid January-like temperatures, the notoriously potent Hopkins passing offense stepped aside to running game.

The Blue Jay faithful that braved the wintry mix of weather were not be disappointed, as the ground game racked up 303 total yards and four of the five offensive touchdowns. Rigaud led the offense with 166 yards on 12 carries and totaled two touchdowns on the afternoon.

Rigaud, whose talent is often overshadowed by the Blue Jays "air-it-out" offensive strategy, clearly stated with his performance that Hopkins football is by no means a one trick pony. He has quietly put together an extremely solid season, racking up 674 total yards and averaging 6.5 yards per carry. He also leads the team with 10 touchdowns.

Rigaud is a Public Health Studies major with a Pre-med concentration, but, when he's not hitting the books, he's hitting the holes made by his offensive line. Hard.

With the passing game

held to just 92 yards, down from their season average of more than 342 yards per game (third in D-III football), Head coach Jim Margraff and offensive coordinator Dan Swanstrom turned to their underrated group of running backs including Rigaud, senior Tyler Porco, junior Scott Barletta and senior Nick Fazio.

Porco operated the Wildcat offense with surprising ease, gaining 85 yards on six keepers out of the shotgun. Barletta, the largest of the Blue Jays running backs, excels in short distance power runs, and turned just six carries into two big red zone touchdowns.

Rigaud totaled his 166 yards on just 12 carries (13.8 yards per carry), which was a career high for the junior tail back. His biggest run of the day was a season and career-long 69-yard touchdown run with just under 11 minutes to play in the fourth quarter. The run all but sealed the fate of the Bears of Ursinus College.

"First, I have to thank



FILE PHOTO
Rigaud's strong runs have been a symbol of an unstoppable offense.

"The play call was a counter out of the shotgun. I read my pulling guard, made my cut off him, saw the wide receiver on his man and once I saw daylight I knew no one would catch me."

The offensive line, oft the unheralded bunch, consists of senior Roland Massimino, sophomore Vincenzo Bonadio, sophomore Ben Cranston, senior Ed Rodger, senior Doug Drummond and sophomore Armand Jenifer.

The big boys of the offensive line have not only given star senior quarterback Hewitt Tomlin plenty of time to throw all season, but he gashed holes through defenses week after week.

"Jonathan [Rigaud] and the offensive line really

stepped up," senior defensive back Sam Eagleson said. "They really worked hard and physically dominated a team that is traditionally big and physical, especially on the defensive side of the ball."

Rigaud will once again lead the Blue Jay football team this Saturday afternoon as they take on the Diplomats of Franklin and Marshall College in their final regular season contest of the year with kickoff set for 12 noon.

With a win, the Blue Jays will clinch the Centennial Conference title outright and head into their final game on the road against McDaniel with little at stake aside from their 13-game winning streak which dates back to 2010. So come by Homewood Field this Saturday and see one of the best football teams in Hopkins history continue their magical season.

VITAL STATISTICS

Name: Jonathan Rigaud
Year: Junior
Major: Public Health
Position: Running back
Hometown: Pembroke Pines, FL
Future Plans: Attend medical school

the guys up front on the offensive line for making great blocks all game," the junior said when asked about his huge touchdown run.

Lady Jays 23-4 in regular season

VOLLEYBALL, FROM B12

The Blue Jays stuck to their game plan and swept yet another challenger. Hopkins jumped to an early 1-0 lead by a score of 25-19 and did not look back. The next two sets went just as smoothly with 25-18 and 25-19 victories.

Donohoe finished with 28 kills, while Cole finished with 19 kills and eight digs. Donohoe was not the only freshman to step up for the young but experienced Blue Jays. Fellow rookie Mariel Metalios and Cohen both chipped in with 59 assists and six aces and 43 digs on the day, respectively.

"The biggest thing for us to be successful in games is to be in a system so that we have all of our hitters involved on offense and we can control the pace of the game," Cohen said. "When we are in system, it is very difficult for other teams to stop our hitters from putting balls down. Our defensive quickness and reading is also something that we continue to work on every day in practice and it continues to get better and better."

The Jays will match-up with Haverford in the Centennial semi-finals Friday evening at 8 PM. It is just the second time in program history that Hopkins will host the Centennial playoffs.

W. X-Country wins fourth straight title

By MIKE KANEN
Sports Editor

On a wind-stricken, snow-filled Saturday afternoon when other Centennial Conference events were postponed, the men's and women's cross country Conference championship wagered on in Newville, Pa.

The Lady Jays, who entered the meet ranked 10th in the nation, enjoyed familiar success, wrapping up their fourth consecutive conference title. On the men's side, the Blue Jays finished fourth in the Centennial, a step down from their third place finish a season ago.

However, both teams will advance to the NCAA Mid-east Regional Championships on Nov. 12th in Center Valley, Pa.

Hopkins's women were led by a consortium of underclassmen, namely sophomore Holly Clarke who placed third overall in the competition. Clarke, who finished the race in 23:49.7, was followed closely by freshmen Hannah Eckstein and Ashley Murphy who finished within one second of each in eighth and ninth place, respectively.

Also placing in the top 20 for the Jays were junior Liz Provost (11th), freshman Frances Loeb (12th), sophomore Lillian Murphy (15th) and freshman Lindsey Sanborn (19th).

Despite the cool temperatures, Clarke managed to continue her breakout campaign which has included an individual title back on Sept. 10 in the Lebanon Valley Invitational.

"It was really cold," Clarke said. "That was the one thing running through my mind the whole time. It was tough but I'm from Massachusetts, so I could deal with the elements."

The event was the second of the season for Hopkins at host Dickinson's track, and that time the Blue Jays finished in second. Clarke knew

the key to a first-place finish was staying together as a team.

"I had run that same course a few weekends ago when I was sick and I didn't run that well," Clarke said. "I wasn't sure how I was going to do, so I just tried to stick with the top group."

As it turned out, not only did she stick with the group, Clarke ran ahead. "I felt really good, especially at the mile mark when I knew I was going to have to pick it up and do well to help the team win," the sophomore said. "I was excited to be up there at the top and know that there would be 11 other girls behind me that could round up the team for the win."

As a team, Hopkins scored 43 points, inching past conference rivals

Haverford, who had 52 points, and Dickinson, who had 69 points.

Hopkins's men's squad had more difficulty in the Centennial Championships, but still received solid showings from sophomore Max Robinson, freshman Austin Stecklaire, senior Brandon Hahn and sophomore Ricky Mulroy. All four Blue Jays finished in succession, spanning the trail between 28:30-28:42.

While Hopkins came in fourth, Haverford repeated as conference champions in the men's race. Dickinson and Swarthmore edged out the Jays for second and third place, respectively.

Both teams now look ahead to the Mid-east Regional. A year ago, the women's squad, led by senior Cecilia Furlong who has sat out this fall with an injury, won the Region.

Furlong and Head coach Bobby Van Allen, who is in his 13th year at the helm of both the men's and women's teams, were named the Mid-east Region Athlete and Coach of the Year.

The men came in seventh.

Clarke is looking forward to executing their game plan in two weeks and beyond.

"For Regionals, we're working as a team in workouts right now to run together and stay in a group," she said. "That's what our coach [Bobby Van Allen] is trying to get us to do right now. We know that in our region it's us, Dickinson and Haverford that are the tough competition."

"At Nationals, we need to be in our prime and continue working as a group in order to win."

Budding broadcaster voice of Blue Jays

Stuart Johnson adds element to Hopkins sports

By ALANNA OLKEN
Staff Writer

Stuart Johnson is a junior political science major at Hopkins who often dons a powder blue Hopkins Athletics shirt that only varsity athletes can obtain around campus, but he is not a sports player.

Rather, Johnson plays another vital role in Hopkins Sports: he is the Blue Jays' broadcaster. His hard work behind the scenes has led him to become one of the most well-rounded and knowledgeable people on campus when it comes to anything JHU.

Stuart arrived at Hopkins from a small independent school in New York City where athletics were secondary to academics — very secondary. Having had an interest in sports casting from a very young age but unable to pursue it at his middle or high school, Johnson was finally able to pursue his passion upon arriving at Hopkins.

And he did so almost immediately. Johnson took the open position as a radio commentator for the video streams, an opportunity he had always dreamed of.

"I'm definitely indebted to Associate Athletic Director Ernie Larossa and the Athletic Communications Department for giving me the chance to call games as a freshman," Johnson said.

Max Dworin (A&S '11), Johnson's predecessor, was a friend of his from high school and put Johnson in touch with the right people at Hopkins. Dworin helped him over Skype to learn how to set up his new equipment.

"His positive feedback and encouragement helped get all this going," the Trinity School alum said.

Johnson's first game was covering men's basketball against Muhlenberg College on Jan. 6, 2010.

"I remember doing the opening segment with my broadcast partner, Jonas Fester (A&S '08)," he reflected. "He started the broadcast and then threw to me for some analysis. I have no idea what came out of my mouth, but I think it was pretty incoherent. I think I've gotten a little better since then."

Johnson says that certain sports were more challenging to cover initially, especially men's and women's lacrosse, which he knew very little about before arriving at Hopkins.

"Obviously that had to change fast," he joked. "Before working my first women's lacrosse game I called up my cousin, Bailey, who plays at Dartmouth, and basically said she had to give me a crash course on a lot of the details of the women's game."

Baseball, on the other hand — a sport near and dear to Johnson's heart and one he had played as a young boy and then all four years of high school — posed less of a challenge to him. Covering the games from the sidelines, however, took some adjusting to.

When asked if it was strange to announce baseball instead of playing, Johnson said, "Yes and no. On one hand, Hopkins baseball is played at such a high level that it's hard for me to totally relate to the experiences of the players."

"On the other hand, there are guys on the team like (senior) Joe Hemmes and (sophomore) Richie Carbone who I played against in high school. I

definitely miss playing the game but I'm fortunate that I've had the opportunity to stay close to the sport through my broadcast work." While Johnson is an avid sports fan across the board, he says he is particularly attached to professional baseball. "There are so many games (in a baseball season) that you become especially attached to the team. For me, it's the Mets," he said.

When it comes to sports broadcasting idols, Johnson admires the Mets' TV play-by-play man Gary Cohen, who he describes as, "The best in the business."

It was Cohen's success story — a political science major at Columbia turned professional sports broadcaster — that inspired him.

"It was nice to know that I could come to a school like Johns Hopkins and study a passion of mine such as political science, while also pursuing my interest in sports broadcasting. I had a chance to meet with Cohen this summer while interning for SportsNet New York (SNY). It was quite an experience."

While Johnson loves every minute of broadcasting, the time commitment can sometimes be exhausting.

"I did three games in one day last year on a Saturday," he explained. "The day started with a football game and then two soccer games. I had a bad cold going into the day. I apologize to anyone who might have had to listen to that third broadcast."

The work comes in cycles for Johnson. Some weeks, he will have to cover up to four games and interview coaches and players for the web site. Other times, Johnson stays home while the teams are on the road and can relax. On occasion, though, he travels right alongside the Blue Jays.

"I traveled to a lot of the road baseball games last year, and I have the scars to prove it," he laughed. "I must have watched each Austin Powers movie three or four times on those bus rides alone."

He was able to travel to the NCAA Mid-Atlantic regional with the baseball team the past two years, where he says he was able to get to know the team very well and enjoy himself off the field.

"I've found that the student athletes here are a very opening and welcoming group. It's been great getting to know so many of them," he said.

The experience for Johnson has been an extremely positive one and has given him a tremendous perspective into the lives of student athletes here at Hopkins.

"It all goes so much deeper than just what people in the stands, such as myself, see on game days. The hours they put in practicing, going to meetings and doing community service are staggering. On top of that, they have to handle the academic load. It requires tremendous discipline to manage your time that well."

Although Johnson considers himself fortunate to work the Blue Jays, Hopkins' athletes feel the same about him. It is not often that someone as passionate and talented as Johnson steps onto the scene, and the thanks he deserves are many.

You can find his work on hopkinssports.com and see him surrounded by a different posse of athletes around campus.

SPORTS

Did You Know?

Junior swimmer Kristin Ferrero was named Bluegrass Conference Swimmer of the Week?

CALENDAR

FRIDAY
M.SOCCER CC Tournament, 5 PM
VOLLEYBALL CC Tournament, 8PM
SATURDAY
W.SOCCER CC Tournament 4:30 PM

17-0 regular season finish for Women's Soccer



FILE PHOTO
After dominating the Centennial and Mid-Atlantic this season through a combination of solid defense and unstoppable offense, women's soccer remains undefeated. See more coverage on page B11.

Perserverance pays off for Men's Soccer

By ERICK SUN
Staff Writer

While much of Hopkins' attention this fall has rested on Blue Jay football and Lady Jay soccer, and rightfully so for their stellar undefeated regular seasons, the men's soccer team has quietly put together a noteworthy season of their own. And it may just be beginning.

Friday's matchup versus Washington College was the team's final regular season game. It was also their final chance to claim the top seed in the Centennial Conference tournament coming up next weekend. Because Hopkins had only lost to Dickinson in the Centennial competition, either a win or a tie would have given the Blue Jays a home-field advantage in their chase for the conference crown.

Prior to the game, seniors Corey Adams, Drew Holland, Sean Coleman, Tony Gass and Sean Dugan were honored for their contributions to the Hopkins soccer program. The ceremony set the tone for the game as the seniors were major contributors in the team's victory.

In the eighth minute, Hopkins was awarded a corner kick, setting up the team's first goal. Coleman, a forward, launched the ball into play and after some confusion, freshman midfielder Rob Hueler banged home his second goal of the season to put the Blue Jays up 1-0 early.

Following the quick strike, Shoreman goaltender Chriss Phipps played perhaps his best game of the season, as he turned aside six more shots and 11

Running game takes a tough weather win

By KEVIN JOYCE
For the News-Letter

The 12th ranked Hopkins football team would enter the weekend boasting the third-ranked scoring offense and second-ranked overall offense in the nation with an astronomical pace of 47.6 points and 522 yards per game.

While the weather would not allow them to match their torrid season pace, the Jays beat the Ursinus Bears 37-9 on the strength of a stellar running game.

Blue Jays running backs rushed for over 300 yards and four touchdowns, with junior Jonathon Rigaud carrying the bulk of the load, rushing 12 times for 166 yards (a spectacular 13.8 yards per carry) and two touchdowns.

Quarterback Hewitt Tomlin wouldn't top 700 yards passing again (as he had versus Gettysburg the week before), the third-ranked passing attack in the nation would chip in with 91 yards and a touchdown.

With the win, the Blue Jays clinched the Centennial Conference's bid for the approaching NCAA playoffs, as well as no worse than a share of the league title. The win marks Hopkins first ever 8-0 season start.

The Jays would get on the board first, midway through the first quarter, as junior fullback Scott Barletta would pound it in from one yard out to cap an impressive nine play, 80-yard drive to put Hopkins up 7-0. Ursinus would respond with a 48-yard drive ending in a Michael Bennet field goal with 9:38 left in the second quarter to make it 7-3 — this would be as close as the Bears would get.

The Jays would score two more touchdowns in the final five minutes of the first half to open up a comfortable 18-point lead. The first came on a 35-yard drive set up by a 21-yard punt return by sophomore Dan Wodicka.

A 22-yard rush by senior quarterback Tyler Porco prefaced a 16-yard touchdown scamper by Rigaud to put Hopkins up 14-3. Porco (who rushed for

Volleyball claims top seed for Centennial

By RYAN KAHN
Staff Writer

The unattested free-throw, the 5-on-4 power-play and the redeeming mulligan are all huge advantages in the sports realm. But perhaps none are as highly coveted as the home-field advantage. This past Saturday, after honoring co-captain Melissa Cole for senior day, Hopkins volleyball delivered victories over Gettysburg, Carnegie Mellon and Mary Washington.

All three victories came by way of a sweep, and the Lady Jays clinched the top seed in the Centennial Conference, a first round bye, and ultimately, a home-field advantage in the conference playoffs.

These are additional marks on an already stellar season from the Blue Jays. With a 23-4 record, Hopkins has won 13 straight games and posted a perfect 10-0 record against conference opponents for the first time in program history. The dominant victories this past weekend further proved that the Blue Jays are ready for the upcoming playoffs.

Freshman hitter and libero Anne Cohen, a native of Los Angeles, CA, thinks their team chemistry is climbing at the right time.

"The team's morale is very high right now," Cohen said. "After coming off a very successful weekend, earning the top seed in the conference and securing victories over three competitive teams, we're ready for the playoffs."

Hopkins opened up their busy Saturday against conference foe Gettysburg. Heading into the match, the Blue Jays needed to win just one set to clinch the top seed. Hopkins did just that, winning 25-10, and then added more. Keeping their foot on the pedal, JHU cruised to two more consecutive set wins, 25-22 and 25-16.

The Bullets were not alone in their fall to the Blue Jays, as this was Hopkins' seventh consecutive conference sweep. Hard-hitting freshman outside-hitter Meagan Donohoe, a two-time Centennial Conference play of the week honoree, played a huge role in the win over Gettysburg. Donohoe finished with 11 kills in the match. Cole, the team's only senior, also came up big, finishing with six kills.

Originally scheduled for a double-header, the weather this past weekend changed the plan to a triple-header.

The snow-pocalypse required the Blue Jays to take on Mid-Atlantic opponent Carnegie Mellon in addition to the regularly scheduled Bullets and Mary Washington.

The Blue Jays had no problem with the additional match, as Hopkins got better as the day went on. Against CMU, they won their first set, 25-20, which proved to be the tightest affair of the contest. JHU then went on to win 25-11 and 25-15 in the next two sets.

The team rounded out a long, yet short and sweet, Saturday against Mary Washington.

SEE VOLLEYBALL, PAGE B10



FILE PHOTO
Freshman Meagan Donohoe has dominated in her rookie year.

INSIDE

Editorial:
The Offensive Line
Who are these monstrous players? The football team's offensive strong men have had a huge impact this season — see what this editor has to say about their performance. Page B10

Athlete of the Week:
Jonathan Rigaud
Hopkins RB Jonathan Rigaud earned the rights to AOTW. His two touchdowns and well over 100 yards rushing represent the offensive power of the Blue Jays. Page B11

Field Hockey:
CC Tournament
Field hockey's ferocious ladies are looking to be contenders for the Centennial Championship. It has been a crazy season, but this team might just have what it takes. Page B10

INSIDE

BLUE JAY SCOREBOARD		
HOPKINS	RESULT:	GUEST
FOOTBALL	37-9	AT GETTYSBURG
W. SOCCER	6-1	VS GETTYSBURG
M. SOCCER	2-0	VS WASHINGTON
VOLLEYBALL	3-0 3-0 3-0	VS GETTYSBURG VS CARNEGIE MELLON VS MARY WASHINGTON
FIELD HOCKEY	5-2	VS GETTYSBURG
WATER POLO	7-16 9-2	AT NAVY AT SALEM INTERNATIONAL